Healthy mouth, healthy life

Your oral health and overall health are directly connected.

You have what it takes to take control of both, one day at a time.

Master your at-home oral hygiene routine
It’s as simple as brushing with fluoride toothpaste twice a day for two minutes, flossing once daily, using an alcohol-free mouth rinse, and replacing your toothbrush every three to four months or sooner if the bristles are frayed.

Get regular dental check-ups
Regular preventive dental check-ups can help catch and prevent issues before they become serious and costly to treat.

Follow your dentist’s care recommendations
If you show signs of gum disease or if you have a chronic condition known to increase your risk for gum disease, your dentist may recommend additional treatment, such as a deep cleaning.

Don't dismiss a crooked smile
Crooked and crowded teeth don’t just affect the way your smile looks. They can also affect the way you feel physically and emotionally.

Eat a healthy diet
Every time you eat something sugary, your mouth creates acid that can lead to tooth decay. Cut down on sugary foods, and when you do eat them, try to have them at the same time as a meal, when there’s more saliva to reduce the effect of the acid.*

Maintain a healthy mind
Mental illness can lead to unhealthy coping habits, such as smoking, teeth grinding and more – all of which can have a negative effect on your teeth and gums. To help manage stress and anxiety in a healthy way,** exercise regularly, get enough sleep, try meditation, do breathing exercises and stretch, take breaks from the news and social media, make time for activities you enjoy, and connect with others.

Need help finding a dentist?
Visit myCigna.com to search for a nearby in-network dentist.

Did you know?
91% of people who take proper care of their teeth say their self-confidence is excellent.***


Together, all the way.*