

Say cheese!

Fifty percent of people say that a smile is the first thing they notice about someone. Protect your pearly whites by making sure your dental health is always up to date. Regular visits to the dentist, as well as listening to everything your hygienist tells you about brushing, flossing, and foods to avoid, can help keep your teeth strong.



On average, a person spends
38.5 days brushing their teeth
over their lifetime.



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