



# Level up your smile game!

## Schedule your dentist visit today.



Regular visits to the dentist for checkups and preventive care are fundamental to making your smile last and preventing tooth decay and gum disease. Don't wait—take advantage of your dental benefits and schedule an appointment today!

Maintaining good oral health is a foundation for overall wellness. A solid oral health routine includes:

- Brushing twice daily.
- Flossing daily.
- Seeing your dentist twice a year.

### Need a Dentist?

Find an HDS participating dentist at [HawaiiDentalService.com/EUTF](https://HawaiiDentalService.com/EUTF). Click “Find a Dentist” and search for nearby dentists by zip code or island name. Select a dentist and call the number provided to schedule an appointment.

If you need additional assistance in finding a dentist, call our EUTF dedicated HDS Customer Service line at (808) 529-9310 or toll-free at 1-866-702-3883.

Take care of your smile and overall health.  
Make that appointment now!