



Brush, Floss, and See an HDS Dentist



Take advantage of your EUTF dental plan with HDS and see your dentist. Your plan covers 100% of preventive care, which includes two cleanings and two exams per year.

Are cleanings necessary even if you brush and floss?

Yes! Even if you brush twice a day and floss daily, having a dental professional clean your teeth allows plaque and tartar to be removed from spaces you can't reach at home. Cleanings also include a full exam of your mouth and a screening for signs of infection or systemic disease that may not be visible from the outside.

Be proactive and schedule your cleaning today to stay on top of your overall health.

The costs of poor oral health go beyond having unhealthy teeth and gums.

Among the many negative impacts of poor oral health, pain and discomfort aren't the only price you'll pay for not seeing a dentist regularly.

Studies show poor oral health can affect your overall health, finances and well-being. Long-term effects of tooth decay and gum disease can contribute towards heart disease, diabetes, Alzheimer's disease and other systemic diseases. It will also cost you more out of pocket. Many dental-related emergency visits to hospitals can easily be prevented by seeing a dentist twice a year, in addition to a solid routine of brushing and flossing. Your HDS benefits give you access to preventive care without breaking the bank.