Healthy smiles start here

Visit your dentist regularly to keep your mouth and gums healthy.



Your oral health does more than protect your smile. It's important to your overall well-being. When you care for your teeth and gums, you're supporting your whole body.

That's why regular dental visits matter. Preventive care can help you stay healthier for longer.

Routine cleanings and exams help your dentist:

- Catch small issues early — when they're easier to treat
- Prevent discomfort and costly treatments
- Keep your teeth and gums in top shape

The result? Less stress, fewer problems and a more healthier you.

Why preventive care is worth it

- **Low or no cost:** Many preventive visits are covered under your benefits plan
- **Whole-body health:** A healthy mouth supports overall wellness
- **Pain prevention:** Avoid toothaches and dental emergencies
- **Time and money saver:** Early treatment can be faster, easier and more affordable

Taking action now protects your health — and your wallet.

Get the most out of your benefits plan

As an Aetna Better Health® of West Virginia member, your plan may include these services:

- Two dental checkups per year
- Annual X-rays
- Fluoride treatments
- Orthodontic care, including braces
- Emergency dental services

Contact Liberty Dental Plan to find a dentist that's right for you

Call **1-800-267-6610**
(TTY: **711**)
Visit
go.aetna.com/wvdental
or scan the QR code.

AetnaBetterHealthWV.com/Dental

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6 simple habits for a healthy smile

Try these simple actions that can make a big difference.

1. Schedule regular dental visits
2. Brush twice daily for two minutes
3. Use toothpaste with fluoride
4. Floss every day
5. Replace your toothbrush every 3 months
6. Cut back on sugary and starchy foods

Need a ride to your appointment? We've got you covered.

Just call Modivcare at **1-844-549-8353** at least five business days before your visit.

Schedule your preventive visit today. It's one of the easiest ways to protect your health and feel your best.

Dental care is covered for members in Aetna Better Health of West Virginia Medicaid. We work with Liberty Dental Plan to provide your dental benefits.

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ENGLISH: To access language services at no cost to you, call **1-800-385-4104** (TTY: **711**).

SPANISH: Para acceder a los servicios de idiomas sin costo, llame al **1-800-385-4104** (TTY: **711**).

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