

# Keep Smiling

OCTOBER IS  
**Dental Hygiene**  
MONTH



## Uncontrolled diabetes can make it hard to keep your mouth healthy.

You can prevent tooth decay, gum disease, and other infections in your mouth when you practice good oral health habits: brush twice a day, floss once a day, and have regular dental visits for checkups and professional cleanings.

Keep your diabetes under control so you don't develop problems in your mouth, such as gum disease, which can make your blood sugar harder to control. Enroll in the **Good Health Gateway**® Diabetes Care Rewards Program, and you'll get diabetes care support and \$0 copays on your diabetes medication and supplies to help manage your diabetes. This can save you hundreds of dollars a year which can be used to offset the cost of maintaining good oral health.



**Enroll Today!**

800.643.8028 | Hablamos español.  
GoodHealthGateway.com

