



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



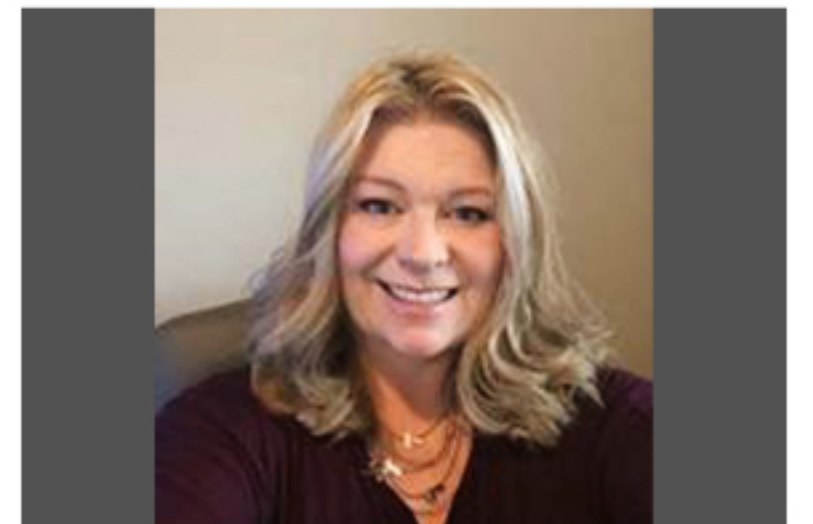
NATIONAL CHILDREN'S DENTAL HEALTH MONTH

This month-long observance helps to promote the benefits of good oral health to Children, their families and communities. Brush up on some helpful facts to keep your mouth healthy and happy.



DID YOU KNOW...

- ❑ Caries, the disease that causes cavities or tooth decay, is one of the most common childhood diseases in the United States?
- ❑ Cavities can cause pain and lead to serious infections in your mouth and body.
- ❑ Eating and drinking sugary food and drinks, like candy, soda and juice can increase your risk of cavities.
- ❑ Cavities are caused by the germs (bacteria) in your mouth that use the sugar we eat to damage our teeth.
- ❑ We can share those germs with our family. It is important for everyone in the family to take good care of their mouth



DR. STEINER

Dr. Patty Steiner is the Director of Dental Networks and Plans at GEHA. Her responsibilities include ensuring every dentist that participates in GEHA's nationwide Connection Dental Network meet a vigorous set of quality standards. Additionally, Dr. Steiner has responsibilities for dental plan benefit designs and member engagement programs. GEHA offers dental plans to Tricare Retirees and their families, Federal Employees, retirees and their families.

Dr. Steiner is passionate about improving oral health and overall health outcomes. She is an advocate for looking at how oral health plays an integral part in identifying those at a higher risk for chronic diseases. Dr. Steiner is partnering with GEHA Medical Directors to coordinate member outreach programs that will target those members at the highest risk for disease.



DID YOU KNOW YOU CAN PROTECT YOUR BABY'S TEETH BY...

- ❑ Keeping your own mouth healthy
- ❑ Cleaning the gums and teeth after feedings
- ❑ Never putting your baby to bed with a bottle or sippy cup of milk or juice
- ❑ Visit the dentist by their first birthday, and ask your dentist about the benefits of a protective fluoride varnish



YOU CAN KEEP YOUR CHILDREN'S TEETH HEALTHY BY...

- ❑ Ensure their teeth get brushed every morning and night and flossed once a day.
- ❑ Limiting sugary snacks and drinks
- ❑ Visiting the dentist regularly and ask your dentist about placing dental sealants

Explore more at the [Chiefs Wellness Program homepage](#) -->