

2021 AUGUST Dental Hygiene Month



CRETEX RESOURCES



Preventative Care Visits = 50 Points!

A preventative dental visit can earn you points under the **2021 Be Well Incentive Program**, which all Cretex employees & covered spouses are eligible for.

Learn more: go.cretex.com/bewell21



Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops. Check out this two-week program when it works for YOU:

Healthy Habits

Learn to develop healthy habits by making small changes and setting goals in this two week program.

*Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.*



HealthPartners Dental Reminders

- Find In Network providers via healthpartners.com/cretex or by calling Member Services: **800-883-2177** (available Monday through Friday 7a.m. to 7p.m. CST)
- Individuals ages **13+** on our HealthPartners dental plan can get up to **two** routine dental care examinations & cleanings per calendar year!
- The Little Partners Dental benefit covers services **100%** for children who are on our HealthPartners dental plan and under the age of 13 when you see a HealthPartners In Network provider. You'll pay nothing out of pocket. Plus, there's no limit on how much care your child can get. Orthodontic, implant and other exclusions apply.

Marathon Health Education Session

The Not So Sweet Side of Sugar

Sugar can add up quickly throughout the day even when we are trying to eat healthy. Join us for this session where we will discuss various strategies on how to limit sugar intake.

*** Don't forget to log in to my.marathon-health.com & mark a Marathon Health education session as complete to earn 5 points!***

Please scan this QR Code using a smartphone or tablet to easily view this education session.

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

EXTERNAL RESOURCES



Dental Health Tips

Keep your dental health in good shape by adhering to the following recommendations:

- Drink fluorinated water and use fluoride toothpaste.
- Brush and floss your teeth twice daily.
- Avoid using any form of tobacco. Smokers are 4 times as likely to develop gum disease when compared to nonsmokers.
- Avoid eating foods with excess sugar, as such foods can contribute to cavities.
- Visit the dentist every 6 months, if possible.



Aug 16th: National Tell a Joke Day

Make somebody smile on Monday, August 16th by sharing one of your favorite work appropriate jokes!



When to See a Dentist

Early detection and treatment of problems with your gums, teeth and mouth can help ensure a lifetime of good oral health. To prevent gum disease and other oral health problems, schedule regular dental cleanings and exams that include X-rays.

In the meantime, contact your dentist if you notice any signs or symptoms that could suggest oral health problems, such as:

- Red, tender or swollen gums
- Gums that bleed when you brush or floss
- Gums that begin pulling away from your teeth
- Loose permanent teeth
- Unusual sensitivity to hot and cold
- Persistent bad breath or an unusual taste in your mouth
- Painful chewing

www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536

