



**DentaQuest**  
a Sun Life company  
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## TOOTHBRUSHING TIPS

Going to the dentist 2 times a year is important to your oral health. How you take care of your teeth at home is important, too! Here are some tips on how to brush your teeth well:

- Choose a brush that is the right size with soft bristles.
- Use a pea-sized amount of toothpaste with fluoride.
- Brush with light pressure.
- Brush with the bristles diagonally at a 45-degree angle towards your teeth.
- Brush all sides of your teeth.
- Make sure to brush all your teeth. Your toothbrush can only clean 1-2 teeth at a time.
- Brush after breakfast and before bedtime.
- Brush for 2 minutes.
- Replace your toothbrush every 3-4 months.

Good home care and regular dental visits can keep your family healthy. If you need help finding a dental provider or have questions about your dental benefit call DentaQuest at **855-418-1622**.

If English is not your first language or you need help reading this letter, language interpretation and translation are available to you at no cost.

### REPORTING FRAUD AND ABUSE

To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 800-433-3982 or go online to <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free 800-433-5454.

Para reportar fraude o abuso a la Oficina del Inspector General (Office of Inspector General, OIG) nos puede llamar gratis al 800-433-3982. O visítenos en línea en <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. Para reportar fraude o maltrato de un paciente por parte de un proveedor a la Unidad de Control de Fraude Médico de la Oficina de Investigación de Tennessee (Tennessee Bureau of Investigation's Medicaid Fraud Control Unit, TBI MFCU), llame gratis al 800-433-5454.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-418-1622 (TRS: 711).

ناگادار ی: نهمگر به زمانی کوردی قسمده دهکسیت، خزمتگوزاریهکائی یارمائی زمان، بهخوری، بو تو بردهسته. پیومندی به

(TTY 800-466-7566) 855-418-1622

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: 855-418-1622 (TRS: 711)

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call DentaQuest at 855-418-1622 or TennCare 855-857-1673 (TRS: 711) for free.