



DentaQuest[®]
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SOFT DRINKS CAN CAUSE CAVITIES

The American Dental Association says that soft drinks can raise your risk of getting cavities. Soft drinks are drinks that have sugar, carbonation, or acid. These could be soda, juice, or sports and energy drinks.

Need to know:

- Studies say that soda is one of the top causes of cavities and obesity in teens.
- Each can of soda has 10 teaspoons of sugar.
- Drink water to stay hydrated. Try to drink 8-12 cups of water a day.
- Eat cheddar cheese after a meal to make saliva. Saliva is helpful for digestion and nutrition.

Dentists have said for many years that a healthy mouth helps create a healthy body through good nutrition. Children should see a dentist 2 times a year and brush their teeth 2 times a day for 2 minutes.

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 قسمه دهکسیت، خز ممتگوز اریهکانی یارسانی زمان، بهخورایی، بو تو بسر دهسته. پیوهندی 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.