

# Think Teeth

**Keep up good dental habits at every age by:**

- Getting regular dental check-ups, starting at age 1.
- Brushing twice a day for 2 minutes using fluoride toothpaste.
- Limiting foods and drinks with sugar.



Medicaid and CHIP cover children's dental services – including teeth cleanings, fluoride, sealants, and fillings. Enrollment is year-round!

**Learn more at [InsureKidsNow.gov](https://www.insurekidsnow.gov)**



**InsureKidsNow.gov**

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