

You FIRST

Your Month of Well-being

JUNE 2025

Protect Your Smile: Dental Health & Well-Being

Nearly half of all adults aged 30 and older show signs of gum disease, a preventable condition often with no visible symptoms in early stages. Dental health isn't just about a bright smile, it plays a major role in preventing chronic diseases and supporting everyday comfort. This June, we're spotlighting the importance of oral health and practical ways to protect your teeth, gums and overall well-being.

Oral Health = Overall Health

Your mouth and teeth are more than just the starting points of digestion—they're mirrors of your body's internal systems. Poor oral health has been linked to:

- **Cardiovascular disease:** Inflammation caused by gum disease may contribute to clogged arteries and stroke.
- **Type 2 diabetes:** High blood glucose levels can lead to gum disease. Gum disease can cause inflammation and make it harder to control blood sugar, creating a cycle of worsening health.
- **Respiratory illness:** Bacteria in the mouth can travel to the lungs, increasing the risk of infections like pneumonia.
- **Pregnancy complications:** Gum disease has been associated with premature birth and low birth weight.

Regular dental care reduces inflammation, controls harmful bacteria and can lower your risk for systemic health issues.

Your Dental Health Checklist

Protect your oral health with these habits:

- Brush your teeth twice a day for two minutes using fluoride toothpaste.
- Floss daily or use interdental brushes to clean between teeth.
- Avoid rinsing immediately after brushing to let fluoride work longer.
- Replace your toothbrush every 3 months or sooner if bristles are worn.
- Limit your daily sugar intake to less than 50 grams (about 12 teaspoons).
- Attend a dental checkup at least once a year, even if you're not experiencing symptoms.

Scan to download the full FDI World Dental Federation Oral Health Checklist for easy access.



Sources: [Gum Disease Facts | Centers for Disease Control and Prevention](#)
[Oral health: A window to your overall health | Mayo Clinic](#)
[15 Diseases Caused by Poor Dental Hygiene | AAOSH](#)

How Food and Drink Choices Impact Your Dental Health

What you eat and drink matters. Sugar and acid can wear down enamel and fuel the bacteria that causes decay. But smart choices help protect your teeth throughout the day:

Better Choices

- Water
- Milk and unsweetened dairy
- Crunchy veggies (carrots, celery)
- Cheese and yogurt (neutralize acid)
- Sugar-free gum (stimulates saliva)
- Nuts and seeds
- Fresh fruits

Limit or Avoid

- Sugary soda and juices
- Energy drinks, sweet teas
- Hard candy (lollipops)
- Sticky candies (Skittles, taffy)
- Dried fruit
- Flavored coffee drinks
- Constant snacking (chips, cookies)

[Diet and my teeth](#) | [Oral Health Foundation](#)

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and well-being!

June 4, 2025: The Tooth of the Matter, 12p.m. ET

A healthy smile starts with strong dental habits. Explore the best practices for effective oral care, from brushing techniques to dietary choices that promote dental health. Join us and discover how to keep your teeth shining bright.

Click [here](#) to register!

To access the member resources, log in to or sign up for [CareFirst WellBeingSM](#). Once logged in, select **Your Wellness Resources**. Next, click **Health & Fitness**, then the program of interest.

You need to meet clinical eligibility criteria through an online assessment for Noom and Eat Right Now.

CareFirst Member Resources

- **Health Topics:** Looking for more information on how you can improve your oral health? Log in to or create your [WellBeing](#) account! Navigate to the *Discover* tab and click on *Health Topics* and follow *Oral Health*!
- **CareFirst Dental Wellness Library:** Oral health is about more than your teeth. Check out [these resources](#) to learn more about the connection between the health of your mouth and your body.
- **Noom:** Designed to help you achieve and maintain a healthy weight. It can also help lower the risk for chronic conditions like diabetes. There is no cost, and your privacy is assured!
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful, lasting lifestyle changes.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Eat Right Now is administered by Sharecare, Inc. and Noom is administered by Noom, Inc., independent companies that provide health improvement management services to CareFirst members. Sharecare, Inc. and Noom do not provide CareFirst BlueCross BlueShield products or services and are solely responsible for the health improvement management services they provide.

Blue365 Wellness Discount Program - Featured Deal for June

20% Off Philips Sonicare Oral Care Products

Get advanced dental care delivered to your door from Philips Sonicare, a top electric toothbrush brand in the U.S. and most often recommended by dental professionals. With innovative technology and clinically proven products, Philips Sonicare gives you everything you need for a confident smile. Click [here](#) to register for Blue365 and start shopping!