

Maximize your dental benefits

with the GEHA Connection Dental Network



Make sure you're getting the most out of your dental benefits by staying in-network.

How can I find a GEHA Connection Dental Network dentist?

Find dentists in your area by using our Find a Dentist tool at gehasolutions.com/Find-A-Dentist
 You can also call [877.277.6872](tel:877.277.6872), 8 a.m.–4:30 p.m. Central time, Monday through Friday.

Do specialty dentists participate in the GEHA Connection Dental Network?

Yes. GEHA Connection Dental Network includes both general and specialty dentists, such as oral maxillofacial surgeons, orthodontists and periodontists.

Can I nominate my dentist to join GEHA Connection Dental Network?

Yes. Visit gehasolutions.com/Nominate-A-Dentist to complete our online Nominate a Dentist form.

Who should I call if I have questions about my benefits?

Please call the Customer Care number on your ID card for benefit information.

Early childhood practices

START EARLY AND BUILD ROUTINES

You can clean your child's gums with a soft, moist cloth or finger brush after feeding as soon as they are born.

USE TOOTHPASTE AS SUGGESTED

As soon as you can see teeth visible, apply a rice grain-size of toothpaste for children under three and pea-size for kids over three.

TECHNIQUES WHILE TEETHING

As soon as you can see teeth, use a soft-bristled child-sized toothbrush twice a day.

HELP YOUR CHILD BRUSH

Helping your child brush can ensure they are cleaning their teeth effectively, using the right amount of toothpaste and spitting out the extra.

FLUORIDE

Fluoride is a natural element that prevents tooth decay by making the tooth more resistant to acids. Look for toothpaste with the American Dental Association (ADA) seal to be sure it has fluoride.

OTHER TIPS

Do not put a baby to bed with a bottle in their mouth. Start flossing when at least two of your child's teeth begin to touch each other. Establish regular dental visits, starting when your child's first tooth is visible or before their first birthday.

Source: [cdc.gov](https://www.cdc.gov)

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