

Maximize your dental benefits

with the GEHA Connection Dental Network

How can you avoid a dry mouth?

TOPICAL FLUORIDE

Topical fluoride strengthens the tooth's enamel and helps prevent tooth decay. When using a fluoride toothpaste or rinse, don't swallow it.

SALIVA SUBSTITUTES

These products may feel comforting for dry mouth conditions and also prevent tooth decay and infections.

DIETARY CONSIDERATIONS

Eat a healthy diet low in acid and sugar. Rinse with water immediately after eating and drink fluoridated water.

NATURAL SALIVA STIMULANTS

Chew sugarless gum or suck on ice chips, avoid alcohol and caffeine, drink water and sleep with a humidifier.

PRESCRIPTION SALIVA STIMULANTS

Talk with your provider about prescription saliva stimulants.

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.

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

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