

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.

Eating the right foods at the right time improves oral health.

EAT WISELY

Eat whole fruits and vegetables and drink water. Chew sugar-free gum to stimulate saliva flow.

DON'T BRUSH RIGHT AWAY

Wait 20 minutes to brush. This will allow your mouth to return to neutral conditions and reduce risk of erosion.

AVOID SUGARY SWEETS

Bacteria uses sugar to make acid that pulls minerals out of the tooth's surface and may lead to decay.

RINSE IT OUT

Rinse your mouth with a teaspoon of baking soda and a cup of water if you are eating sour or acidic foods.

MINIMIZE HARM

Every time you eat, bacteria increases the acid in the mouth for about 20 minutes.

ASK FOR HELP

Talk with your dentist or dental hygienist for finding the best strategy to prevent decay and tooth wear.

Source: [Nutrition and Oral Health | American Dental Association \(ada.org\)](https://www.ada.org)

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