

# Maximize your dental benefits

with the GEHA Connection Dental Network



**Brushing alone won't get it done. Don't forget to floss once a day.**

## THE GOLD STANDARD

Flossing is the best way to remove plaque between teeth. Follow these steps for the best method.

- Anchor the floss on your middle fingers and guide it with your two index fingers to create a "C" shape
- Gently rub up and down along the tooth to dislodge the plaque

## BE GENTLE

Move slowly, going back and forth to work through tight spaces. Forcing floss can cause tissue damage over time.

## LOOK OUT

Redness or bleeding may indicate there is inflammation, active disease, tissue trauma or an irritant.

## ALTERNATIVES

If you are unable to floss, consider using a waterfloss or proxabrush (a brush for between the teeth).

**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](https://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](https://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)

[gehasolutions.com](https://gehasolutions.com)

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