

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.

Brushing twice a day helps prevent cavities and gum disease. Follow these tips to keep your teeth and gums healthy.

BRUSHING BASICS

Brush all surfaces of your teeth, gums, tongue, cheeks and mouth.

BRUSH SMARTER, NOT HARDER

Try an oral care app to help coach your brushing. Use toothpaste with fluoride to reduce the risk of tooth decay.

TWO-MINUTE DRILL

Spend at least two minutes brushing to remove all the plaque from your teeth and mouth.

NEXT-LEVEL BRUSHING

Try an oral care app to help coach your brushing. Use toothpaste with fluoride to reduce the risk of tooth decay.

ADA IS OK

Look for the American Dental Association (ADA) seal for safety and efficacy.

TRY MINDFUL TOOTHBRUSHING

Ground your senses while brushing. Feel the pressure, smell the toothpaste and listen to the sounds of cleaning.

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

gehasolutions.com

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