

Celebrate National Dental Hygiene Month

October 10, 2012, Salt Lake City- October is National Dental Hygiene Month, and Dental Select would like to offer some simple reminders to brighten your smile:

- Brush your teeth twice a day for at least two minutes
- Floss once each day to clean hard to reach plaque
- Avoid sugary snacks or drinks
- Visit the dentist at least twice a year for a short cleaning and x-ray

Celebrate this month by pampering your teeth with Dental Select's excellent dental coverage. The company offers flexible, affordable plans to groups and individuals and secures over 100,000 contracted providers for more than 5,000 companies. Dental Select has more than 23 years of experience providing dental benefits to patients in need.

As the sole administrator for the non-profit organization, Sealants for Smiles, Dental Select takes pride in supporting dental hygiene. This public charity aims to improve the oral health of low income children. Volunteers and paid dental professionals from Sealants for Smiles visit Utah elementary schools and provide free oral health assessments, fluoride varnishes, and dental sealants to children who cannot access such resources. Visit www.sealantsforsmiles.org for additional information and health statistics for Utah's underserved families.

To find out more about Dental Select's services visit the website at www.dentalselect.com or call a representative at 1-800-673-5328.