

# Understanding Your Oral Health



You're pregnant...eating right and staying away from smoking and alcohol, but did you forget a visit to the dentist?

- > Seeing your dentist during pregnancy for oral examinations and professional teeth cleanings is important.<sup>1</sup>
- > Telling your dentist that you are pregnant and about any changes you have noticed in your oral health will help in your oral treatment.<sup>1</sup>

**Don't wait! Schedule a dentist visit today.**  
**Your MetLife dental benefits plan covers treatments to help protect you.**

## MetLife

Metropolitan Life  
Insurance Company  
200 Park Avenue  
New York, NY 10166

1501-0209  
© 2017 METLIFE, INC.  
L0317491416[exp0518][All States][DC, GU, MP, PR, VI]

**For more information and tools, visit  
MetLife's Oral Health Library at  
[www.oralfitnesslibrary.com](http://www.oralfitnesslibrary.com)**

Like most group benefit programs, MetLife group benefit programs contain certain exclusions, exceptions, limitations, waiting periods, reductions and terms for keeping them in force. Ask your MetLife group representative for more details.

1 "Pregnancy," ADA Mouth Healthy, accessed 1/2017 <http://www.mouthhealthy.org/en/pregnancy>.