

Take time to smile



A smile can do so many things: light up a room, offer encouragement and communicate happiness, to name a few. Take care of your smile by scheduling regular dental checkups and following a daily dental care routine that includes brushing and flossing, so you can smile with confidence.

FOR A BRIGHT SMILE

Brush for 2 minutes,
twice a day!



A nonprofit independent licensee of the Blue Cross Blue Shield Association

[ExcellusBCBS.com](https://www.ExcellusBCBS.com)

B-6196 / 16984-22M
A11yCS208-30-2023