

Ages 18-34



healthiest
— state —
initiative



get your bib on



The Healthiest State Initiative is devoted to making Iowa the healthiest state in the nation. One way we are focused on improving Iowa's well-being ranking is by encouraging you to visit the dentist. Whether you're 18 or 65, there's always a reason to Get Your Bib On!

Advice to Keep Your Smile Healthy From Ages 18-34



Visit the dentist regularly. Preventive checkups help detect dental problems before they become more serious – and more costly to treat.



Stick to healthy eating. Choose nuts, cheese and veggies for snacks – and swap soda for water or milk.



Avoid unhealthy habits. Tobacco use and binge drinking habits tend to form during this time period. If you avoid both, you'll be doing your dental health and your overall health a favor. Smoking and drinking can cause bad breath, stained teeth, gum disease and oral cancer. Smoking also leads to tooth loss due to gum disease. Ask your dentist for advice on how to quit.



Know how pregnancy affects dental health. Expectant mothers can experience unique dental problems such as pregnancy gingivitis, which causes swollen, bleeding gums. To help prevent pregnancy gingivitis, pregnant women should get their teeth professionally cleaned and brush and floss daily, paying special attention to the gum line.



Use Your Coverage – Or Get Covered

You may still be covered under your parents' insurance if you are a student or under the age of 26. Or, your employer may offer a dental plan. Either way, it's important to use your dental benefits. Most plans cover preventive care, making dental exams and cleanings free or at little cost to you.

If you don't have dental coverage there are other options available. Individual dental coverage is available through dental insurers or through the Health Insurance Marketplace. Discount programs and clinics also offer access to dental services at a reduced rate.

Visit GetYourBibOn.com to learn more about dental coverage options.

Take a step to improve your oral health and overall well-being. Schedule a dental appointment today.

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