Easy oral care.
Maintain a healthy oral care routine by following these four easy steps:

1. **CHECK-UP**
   - Visit your dentist regularly.

2. **BRUSH**
   - Brush your teeth twice a day.

3. **FLOSS**
   - Floss daily.

4. **CHEW**
   - Chew sugarfree gum after eating and drinking when “on-the-go.”