Take on the day with a *smile*



Let's be honest—most people don't look forward to visiting the dentist. However, regular checkups are more important than you might think. Whether it's been a year or a bit longer than you'd like to admit, taking that step to schedule a dental visit is one of the best things you can do for your health.

Here's why:

There's no better time to act than now.

Prevention is the most important thing in dental care. And while a cavity can be filled over your lunch break, left untreated, it could require more time and money. Save yourself the aggravation by seeing your dentist early and often.

Over 90% of diseases can show signs in the mouth.[1]

Diabetes, heart disease and stroke can be linked to warning signs like gum disease and oral infections — making routine dental visits an important opportunity for early detection.[2]

Your smile can do more than you think.

Smiling sends a message to your brain to release neuropeptides, which lower stress. It also gives you a boost of dopamine, endorphins, and serotonin, so you feel happier and more relaxed.

Visit ExcellusBCBS.com/FindADentist to find a dentist near you, then schedule your next checkup today.

5 Tips to take on dental anxiety

Do dental visits stress you out? Here's how to overcome it:

1. Find a dentist that creates a positive experience.
2. Avoid caffeine before your appointment to limit stress.
3. Focus on breathing slowly and regularly to keep calm.
4. Take your mind off your worries by listening to your favorite playlist.
5. Talk to your dentist about what makes you anxious and agree on a strategy to help you feel more in control.

Excellus

Everybody Benefits

[1] American Academy of Pediatrics, Campaign for Dental Health, Dentists Are Disease Detectives (2026)

[2] American Dental Association (ADA), Oral-Systemic Health resource page

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