

TOP 5 EXCUSES

PEOPLE USE TO AVOID SEEING THEIR DENTIST

When it comes to caring for your smile, avoiding your dentist puts you at risk for long-term issues. Here are the top five common excuses heard by dentists.



1 “I don’t have time.”

Did you know the average dentist visit takes 30 to 45 minutes? That is for a routine exam and cleaning. It’s a small sacrifice to make to prevent cavities, gum disease and other issues as you age.

2 “I already brush twice a day.”

The formula for a healthy smile is brushing twice a day, flossing daily, and seeing your dentist twice a year. Your dentist can reach areas that you may be missing with a regular toothbrush.

3 “The dentist is scary.”

New technology has improved dentistry and your dentist likely has equipment that minimizes discomfort and relieves anxiety during your visit. Ask if your dentist can play soothing music or a show you can watch during your visit.

4 “It’s too costly.”

People who see their dentist regularly pay significantly less out of pocket for dental care. Preventive care won’t break your wallet. Your EUTF dental plan with HDS provides 100% coverage for two exams and two cleanings each calendar year. Take advantage of this benefit to stay ahead of your oral health and minimize your costs for major services.

5 “Nothing’s wrong.”

Choosing not to see your dentist at least twice a year can lead to long-term impacts to your smile and overall health. Even with missing teeth, a dentist ensures you’re not at risk for disease or infections. Schedule your visit today!

Select a Dentist Based on Ratings

HDS makes selecting a dentist easy using DentaQual® ratings, which compares dentists with their peers based on cost-effectiveness, commitment to best practices, treatment outcomes, treatment recommendations, and patient retention. To view this new feature, visit [HawaiiDentalService.com/FindADentist](https://www.hawaiidental.com/FindADentist), click on “Find a Dentist” under the Hawaii, Guam and Saipan category, and enter the criteria for a dentist or specialist that suits your needs. You shall see the DentaQual® rating on the bottom right corner of each dentist listed in your results.

Questions? Contact Us.

From Oahu: (808) 529-9310 or toll-free at 1-866-702-3883
 Monday through Friday, 7:30 AM to 6 PM

Access your account online at [HawaiiDentalService.com/EUTF](https://www.hawaiidental.com/EUTF).

