

Smile strong, live long.

A visit to the dentist can prevent tooth decay, gum disease, and other issues. Learn more about the benefits of maintaining a healthy smile.



Every smile, any age, deserves the best care.



A HEALTHY SMILE IS KEY TO GOOD OVERALL HEALTH.

Does a strong smile really lend to a longer, healthy life? Yes! Prioritizing smile care is paramount for fostering overall health and longevity. Maintaining good oral health directly impacts one's overall well-being.

Research shows a strong connection between oral health and systemic health, with poor oral hygiene linked to various chronic conditions such as heart disease, diabetes, and respiratory infections. Take proactive measures such as semi-annual visits to the dentist, brushing twice a day, flossing daily, and maintaining a balanced diet to mitigate the risk of developing health issues.

Follow routine dental care instructions after a major dental procedure.

Regular dental check-ups are vital, especially after procedures like crowns, root canals, or extractions. Your teeth and gums need extra care to avoid damage or infection. Follow your dentist's advice on keeping the area clean, and let them know immediately if you experience severe pain or signs of infection.

Semi-annual exams and cleanings are 100% covered. Schedule a dental visit today!

Your EUTF plan with HDS covers semi-annual exams and cleanings. Take advantage of your dental plan and schedule a visit with your dentist today.

HDS is here to help.

Call us at (808) 529-9310 or toll-free at 1-866-702-3883, Monday through Friday, 7:30 AM to 6 PM. Access your account online by visiting HawaiiDentalService.com/EUTF.



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