



# Understanding Your Oral Health

**Your smile is worth a thousand words, and keeping it healthy is worth even more.**

- Routine exams and cleanings can prevent the additional cost associated with fillings, root canals, extractions, etc.
- With a MetLife dental benefit plan, there may be no deductible associated with preventive dental services such as cleanings, exams and x-rays when provided by a MetLife participating dentist.

**For more information and tools, visit MetLife's Oral Health Library at [www.oralfitnesslibrary.com](http://www.oralfitnesslibrary.com)**

Like most group benefit programs, group benefit programs offered by MetLife contain certain exclusions, exceptions, limitations, waiting periods, reductions and terms keeping them in force. Ask your MetLife group representative for details.