


Understanding Your Oral Health



Side effects may include: dry mouth ... this warning comes on more than 400 medications on the market today.¹

- > Dry mouth, called xerostomia (zero-STOH-me-a), irritates the soft tissues in the mouth, which can make them inflamed and more susceptible to infection.¹
- > Dry mouth causes plaque buildup, which can cause tooth decay and gum disease.¹

Your MetLife dental plan provides benefits for cleanings, fluoride treatments and tooth decay treatments to help manage dry mouth.

MetLife

**For more information and tools, visit
MetLife's Oral Health Library accessible from:**

<https://oralfitnesslibrary.com/>

Metropolitan Life
Insurance Company
200 Park Avenue
New York, NY 10166

1503-0498
© 2016 METLIFE, INC.
L0916477959[exp1117][All States][DC, GU, MP, PR, VI]

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

¹ "Dry Mouth." *National Institute of Dental and Craniofacial Research*. <http://www.nidcr.nih.gov/OralHealth/Topics/DryMouth/DryMouth.htm>. Accessed 09/12/16.