

Understanding Your Oral Health



You're pregnant...eating right and staying away from smoking and alcohol, but did you forget a visit to the dentist?

- > Studies show that periodontal (gum) disease during pregnancy may be a factor in premature births.¹
- > Periodontal disease is associated with an increased risk of delivering pre-term low birth weight babies.¹

Don't wait! Schedule a dentist visit today.
Your MetLife dental benefits plan covers treatments to help protect you and your baby.



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

Metropolitan Life
Insurance Company
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New York, NY 10166

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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 more details.

¹ Baby Steps to Healthy Pregnancy and On-Time Delivery – <http://www.perio.org/consumer/pregnancy.htm#2>. Accessed 12/7/11