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.

For more information and tools, visit MetLife’s Oral Health Library accessible from: the MyBenefits website at www.metlife.com/mybenefits