

Protect Your Smile

It is important to take care of your teeth. Tooth decay affects more than one-fourth of U.S. children aged 2–5*. Tooth decay causes cavities. Brush your teeth to help prevent cavities.



Cavities can cause teeth to break. Cavities can also hurt and need to be filled by a dentist. Brush your teeth at least twice a day. Brush your teeth morning and night, and after eating. The best way to prevent cavities is by brushing your teeth. See your dentist twice a year. Help your teeth stay healthy. Protect your smile!

U-First offers dental benefits through MCNA Dental for adults. Children in Broward and Duval counties are also covered through MCNA. Call MCNA at 800-494-6262 if you are an adult or have a child and live in Broward or Duval counties. A representative there will help you find a dentist. Medicaid provides dental benefits to children who live in other counties. Call your local Medicaid office if you are not in Broward or Duval County to get help with your benefits. You can also call our Member Services department with any questions at 866-690-4842.

* Centers for Disease Control and Prevention