
New Year! New insurance?

Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit to you decreases. Many of your plans renew at the beginning of the year. With the renewal, there may be changes to your plan that you are not aware of. While it is your responsibility to know the details of your plan, we are happy to look into it for you. If your insurance has changed, please arrive to your appointment a few minutes early so that we can change the insurance information in our system.

No insurance? No problem! Ask us about our **Elite Care Value Program**. It is designed for people without insurance benefits. Check out our website www.elitedentalcaretn.com for more information about our Membership Program!



The February 2022 *National Children's Dental Health Month* is brought to you by the American Dental Association. This month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others. Good oral health is essential for a child's overall health & well-being. It is important to begin good oral hygiene habits at a young age. This includes teaching children to brush twice daily for at least 2 minutes, flossing daily, and visiting your dentist!

In February..... We go **red!**



American Heart Month is a time when all people can focus on their cardiovascular health. Heart disease is one of the most widespread and complicated health challenges around the world.

Heart disease is responsible for about 1 in every 4 deaths in the U.S., claiming the lives of more than half a million people each year. Every year, over 800,000 Americans will have a heart attack.

The numbers are scary, but the steps to reduce your risk are simple and clear:

- Get active
- Eat well
- Control Cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking



Dental assistants are a key part of the dental practice year round, but they are especially recognized in March for all the great work they do! Today's dental assistants strengthen the entire practice and enhance patient satisfaction around the world. Dental assistants are committed to professional development and quality dental care. We celebrate this week by recognizing Dee, Amy, and Monse!



We have updated our communications system. We ask that you please be patient with us as we navigate this change to better serve you.

You will receive a link to update your information and medical history, as well as a Covid questionnaire via email or text message. Please fill out these forms through the link [PRIOR](#) to your appointment. We are no longer using paper forms.



What's Cooking?

Sweet Pepper Poppers



- Mini sweet peppers, cut in half lengthwise with seeds removed
- Cream cheese
- Precooked bacon, crumbled
- Shredded cheddar cheese

- Preheat oven to 350 degrees
- Slightly oil baking sheet or cover with parchment paper
- Fill each pepper with cream cheese. Place on baking sheet. Sprinkle with shredded cheese and bacon
- Bake until cheese is fully melted



Office Closings & Holidays

Our office will be closed in observance of Presidents day (Monday, February 21st) and Good Friday (Friday, April 15th). We appreciate your understanding while we are out of the office during these times!