

Mark Your Calendar: February 24-26, 2021

Virtual Wellness Fair

Fitness & Nutrition | Mental Health | Preventive Health | Financial Wellness
1:1 Benefits Counseling | Wellness Prizes | And More!

Level Up

OHRM Office of Human Resources Management



Be sure to mark your calendar for the upcoming **Virtual Wellness Fair** hosted by Level Up on Feb. 24-26, 2021. This **three-day virtual event** will feature live online content and activities including:

- Webinars on topics such as mental/behavioral health, financial wellness, and more
- Fitness classes, nutrition classes and cooking demonstrations
- One-on-one benefits counseling for some of our most popular benefits
- Wellness prizes—daily drawings for gift cards, Apple Watches, and Apple iPad Minis

More information is coming soon!



National Children's Dental Health Month

February is National Children's Dental Health Month. According to the [American Dental Association](#) (ADA), 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.

Stats & Figures

According to the [Centers for Disease Control and Prevention](#) (CDC), cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

- 43% of kids in the U.S. between the ages of 2 and 11 have had cavities in their primary teeth.
- About 40% of children who have type 2 diabetes have no signs or symptoms.
- Nearly 40% of children ages 3 to 15 years don't brush their teeth twice a day.
- Tooth decay is the most common chronic disease among children ages 6 to 19.

Tips for Dental Hygiene

Oral health is essential to general health and well-being. Below are some tips to help protect your children's teeth:

- Get a yearly dental exam to avoid cavities and spot signs of diabetes early.
- Brush twice a day to keep your smile bright.
- Floss every day to avoid toothaches.
- Use mouthwash to destroy germs that cause decay.
- Eat healthy, low-sugar foods to defend against tooth decay.

Additional Resources

- [Aetna members](#)
- [American Dental Association](#)
- [The Centers for Disease Control and Prevention](#)

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