



# KidCare



This is my daily brushing coloring chart **My Name:** \_\_\_\_\_

## Keep cavities away, brush twice a day!

### Kids, it is important to practice good dental habits at home.

#### All you have to do is:

- **Enroll in the Healthy Behaviors Program online.**
- **Brush your teeth for 2 minutes, at least twice a day.**
- **Color in the chart for each day you brush your teeth at least twice.**
- **When the entire chart is complete, send it back to LIBERTY to receive your reward<sup>1</sup>.**

<sup>1</sup>Eligible for a reward once a year. While supplies last.

Email a photo of completed chart to: [qm@libertydentalplan.com](mailto:qm@libertydentalplan.com)

Or mail completed chart to:  
LIBERTY Dental Plan of Florida  
P.O. Box 15149 Tampa, FL 33684-5149

We hope this helps your family develop a fun oral health routine! We believe oral health is part of "whole body health and wellbeing." By sharing the benefits of good oral health, we promote healthy families.

Download copies of this **Daily Brushing Chart** and other oral health tip guides on our website: [www.libertydentalplan.com/FL Medicaid/Enrollee](http://www.libertydentalplan.com/FL-Medicaid/Enrollee)

LIBERTY Dental Plan Member Services  
Toll Free: 1.833.276.0850 TTY/TDD: 1.877.855.8039

