



Fluoride Treatment Options

Fluoride is an important part of good oral hygiene — it occurs naturally in many foods and water and helps reinforce your teeth, making them more resistant to cavities. Dentists can apply fluoride to teeth in the form of gel, foam or varnish during office visits.

Who needs fluoride treatments?

The amount of fluoride an individual needs depends on their risk level for tooth decay. Many people are at a lowered risk for cavities thanks in part to fluoridated water, toothpaste and better oral hygiene.

Since the early 1970s, the total number of children aged 18 and younger in the United States who have cavities in their primary and permanent teeth, both treated and untreated, has substantially declined.¹ As a result, they may not benefit from professional fluoride treatment.

Today, numerous studies and recommendations from The U.S. Centers for Disease Control and Prevention suggest that fluoride should be provided to people who need it, rather than given routinely to everyone.

¹Brown LJ, Wall TP, Lazar V. Trends in total caries experience: permanent and primary teeth. *J Am Dent Assoc.* 2000 Feb;131(2):223-31.

Get the fluoride treatment that's right for you

At TruAssure, we base our plan offerings on the most up-to-date scientific research on oral health.

Most employers request that their TruAssure plan limit the coverage of topical fluoride treatments to once per year for enrollees up to age 19. Individuals who desire additional fluoride treatment may receive them at their own expense.

Talk to your dentist about your risk for cavities. They can help you determine the most appropriate treatment based on your oral health and history.