

FREE Dental Care for Teenagers



Brush teeth with fluoride toothpaste for two minutes, twice a day

Use a soft toothbrush with a pea-sized amount of adult (full strength fluoride) toothpaste.

Avoid sharing your toothbrush with other people and replace your toothbrush every three months.



Spit, don't rinse after brushing

Fluoride in toothpaste helps prevent tooth decay. Avoid eating or drinking after brushing teeth, especially at night so the fluoride can keep working to protect and strengthen teeth.



Drink tap water and milk

Tap water is free, sugar-free and most water supplies across Wellington are fluoridated to support good oral health.

Water is the best drink to have when playing sport. Remember to wear a mouth guard when playing contact sports.



Eat snacks with no added sugar

Choose and prepare sugar-free foods. Limit sugary snacks to occasional treats.

Do not smoke— smoking can stain tooth enamel, cause bad breath and damage teeth and gums.



FREE dental care for under 18s

Dental care is FREE from birth until your 18th birthday, even if you're no longer at school. (NOTE: free dental care does not include orthodontic treatment).

Remember to visit the dentist every year.

Visit www.beehealthy.org.nz for more information and a list of free dentists for teenagers across Wellington.

FREE Dental Care for Teenagers

FREE dental care for teenagers

Bee Healthy Regional Dental Service is the community-based dental service for under 18s across the greater Wellington Region.

NOTE: free dental care does not include orthodontic treatment.

Enrolling with a free dentist

At your year 8 dental appointment with Bee Healthy, the Dental Therapist will talk to you about choosing a contracted adolescent dentist. A letter will get sent home to confirm your chosen dentist. When you start college, this is the dentist you will go to for your dental care. Remember it's FREE until your 18th birthday!

Want to change your dentist?

Call 0800 TALK TEETH (825 583), and we'll help you change your dentist.

I'm not at college, is the dentist free for me?

Yes! Dental care is free for under 18s, even if you are not at school.

Select a dentist (full list available on our website), give them a call and ask to enrol for free adolescent dental care, or call 0800 TALK TEETH (825 583).

How do I know if my dentist is free?

For the full list of free dentists for adolescents across the Wellington Region, go to www.beehealthy.org.nz, or call 0800 TALK TEETH (825 583).

Have your contact details changed?

It's important to let your dentist know if you have changed your contact details so they can keep in touch with you and let you know when it's time for your next check-up.

Need to change your appointment?

Remember to call your dentist if you aren't able to make your dental appointment. They'll be able to re-book a time that works better for you.

In pain & need an urgent appointment?

If you need urgent dental care, contact the dentist you are enrolled with. If you are calling outside their office hours, contact or go to an out of hours service.

Need help or more information?

Contact Bee Healthy Regional Dental Service:

Phone: 0800 TALK TEETH (825 853)

Online: www.beehealthy.org.nz

Post: Private Bag 31907, Lower Hutt

MY FREE DENTIST IS:

Address:

Phone: