

# Keep Your Date with the Dentist!

**Life is busy.** Sometimes it can be hard to fit everything in, even if it's planned. Something like a routine dentist appointment may not seem like a high priority when your schedule starts to fill up. But it is! Missing your dental appointment is not only bad for your health, it also makes it very difficult for clinics to give you the care and attention you need. It can also affect other patients. So if you have scheduled a dental appointment for you or a family member, please try your best to keep it!

There is high demand for quality dental care. Many dental providers have a very full patient schedule. When someone cancels an appointment at the last minute or doesn't show up, it not only causes that person to miss needed care, it may delay the care of someone else in need. Skipping a dental appointment may not seem like a big deal, but on a larger scale, it can affect everyone connected to that dental clinic. Also, be aware that clinics may have to stop serving patients who miss too many appointments.



**Don't put it off:** if you have a dental appointment, keep it! Protect your oral health by getting the care you need when you need it. And you'll be helping others get the care they need as well by letting your clinic see as many patients as possible. Everyone wins!



## Tips to avoid missed dental appointments

- Know your dental provider's cancellation policy and follow it as closely as possible. Last-minute cancellations may be difficult to fill. Plus, when you miss a dental appointment, you only delay the care you need. This could result in the need for emergency dental care in the future.
- Schedule your appointment on a date and time that you are confident will work for you and your family.
- Find out ahead of time how much time you need to allow for your appointment.
- If you are afraid or nervous about going to the dentist, discuss that when you schedule the appointment. This can help ease fears that may lead to last-minute cancellations.
- Put a reminder on your calendar so you don't forget the appointment!
- If you do need to cancel an appointment, do so as soon as possible. Calling 24 to 48 hours in advance can give the clinic time to fill the spot.
- Keep your dentist's phone number with you in case you need to make a last-minute cancellation. Giving a little notice is better than giving no notice.



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**1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711**

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