

WELCOME TO

THRIVING HEIGHTS™

KEEP YOUR TEETH FOR LIFE



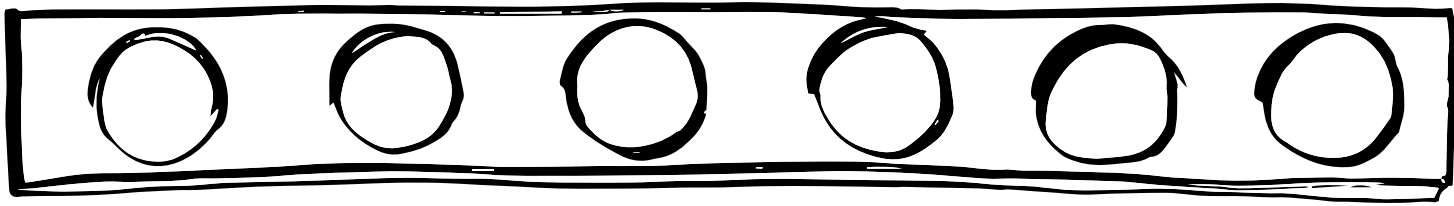
DENTAL COLORING BOOK

 KAISER PERMANENTE®

Welcome to Thriving Heights™,
a neighborhood where lovable
characters live and work together
to improve their total health.

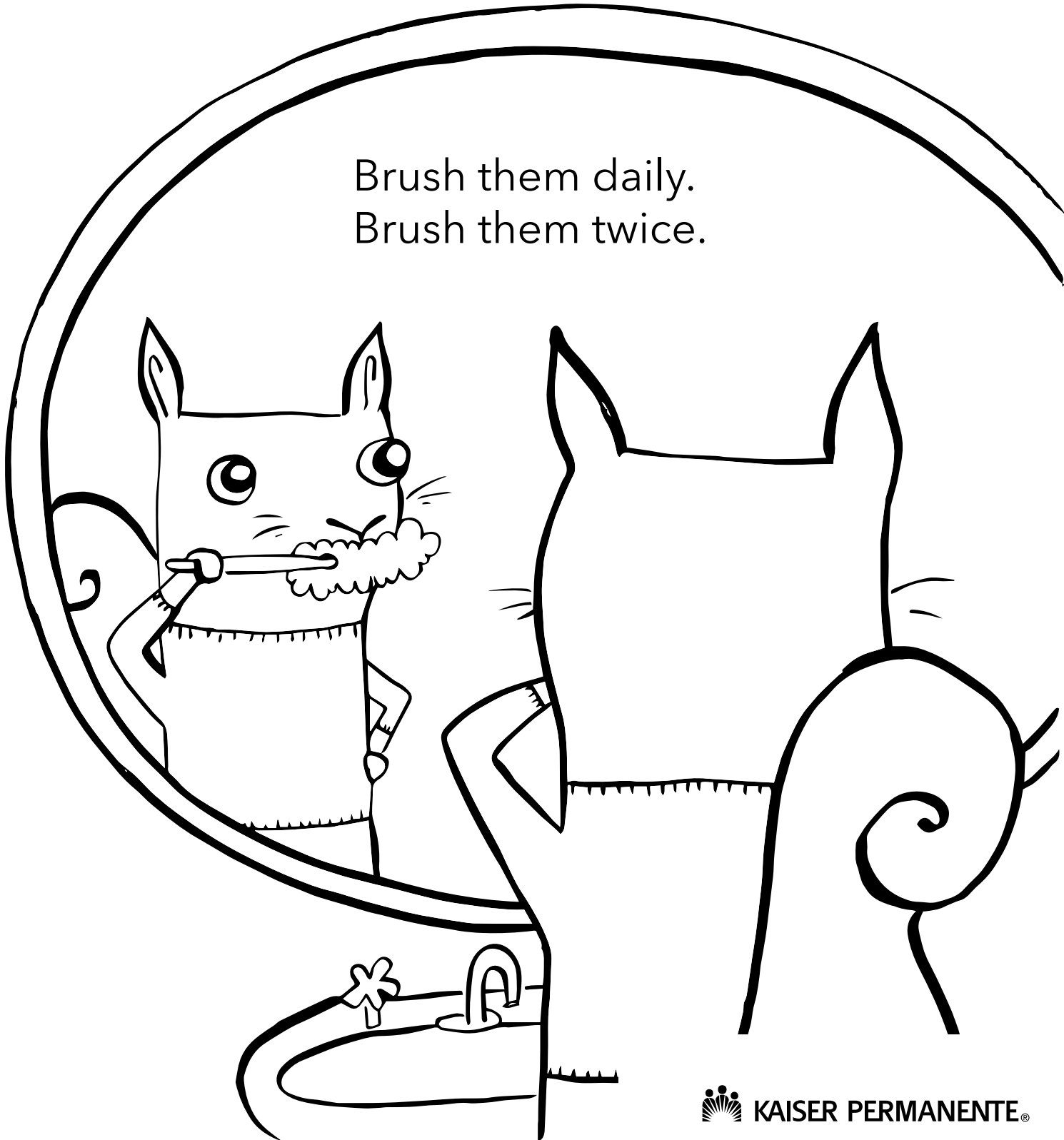
Follow these furry friends as they
learn important oral health care
tips, and join them on their journey
toward a lifetime of healthy smiles.

Visit **kp.org/dental/nw** for short
animated videos featuring the
Thriving Heights™ crew exploring
dental health topics.

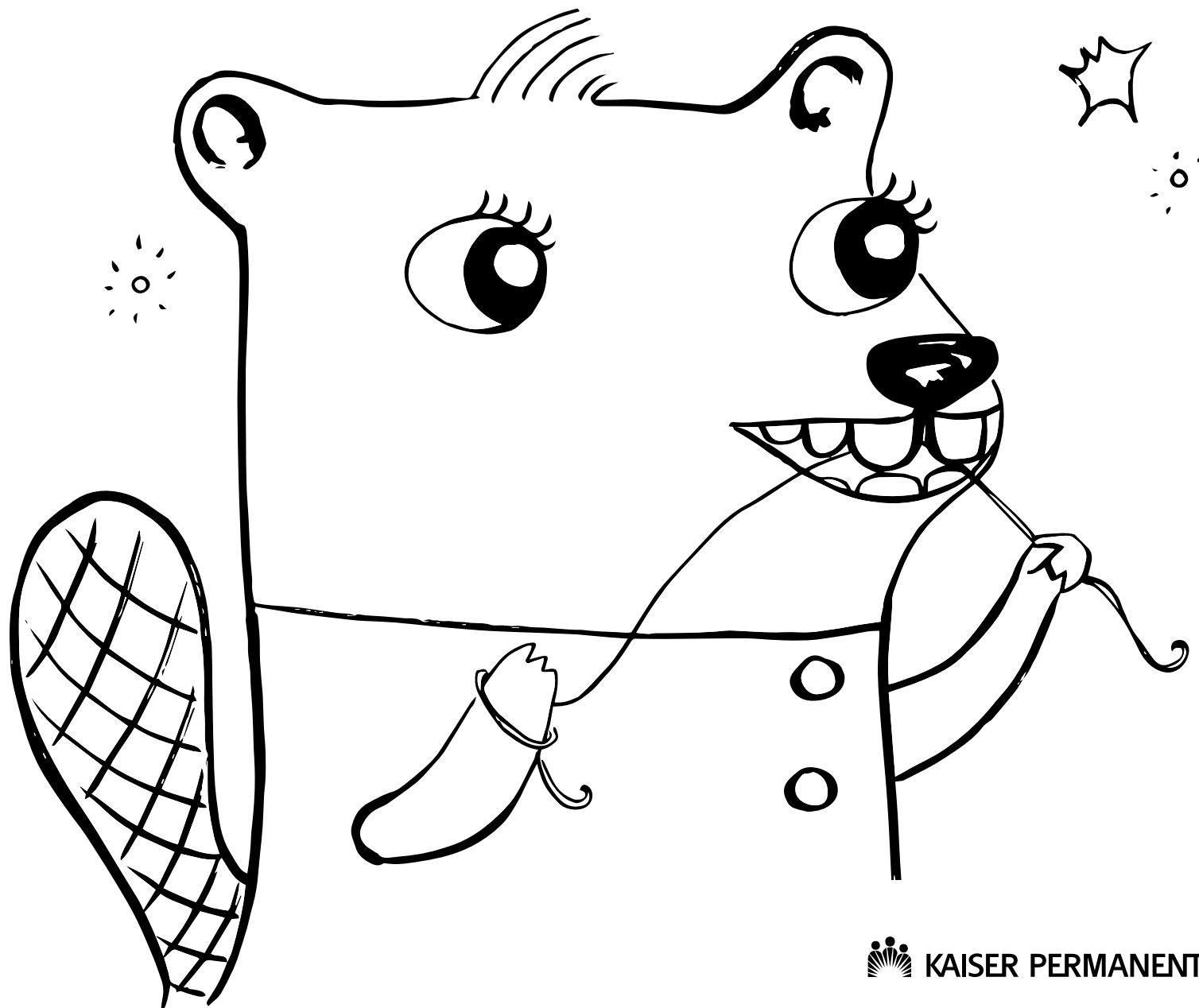


To keep your pearly whites for life,

Brush them daily.
Brush them twice.



Floss the spaces in-between
To make your teeth squeaky clean.



Brush and floss
every day

To keep the nasty
germs away.



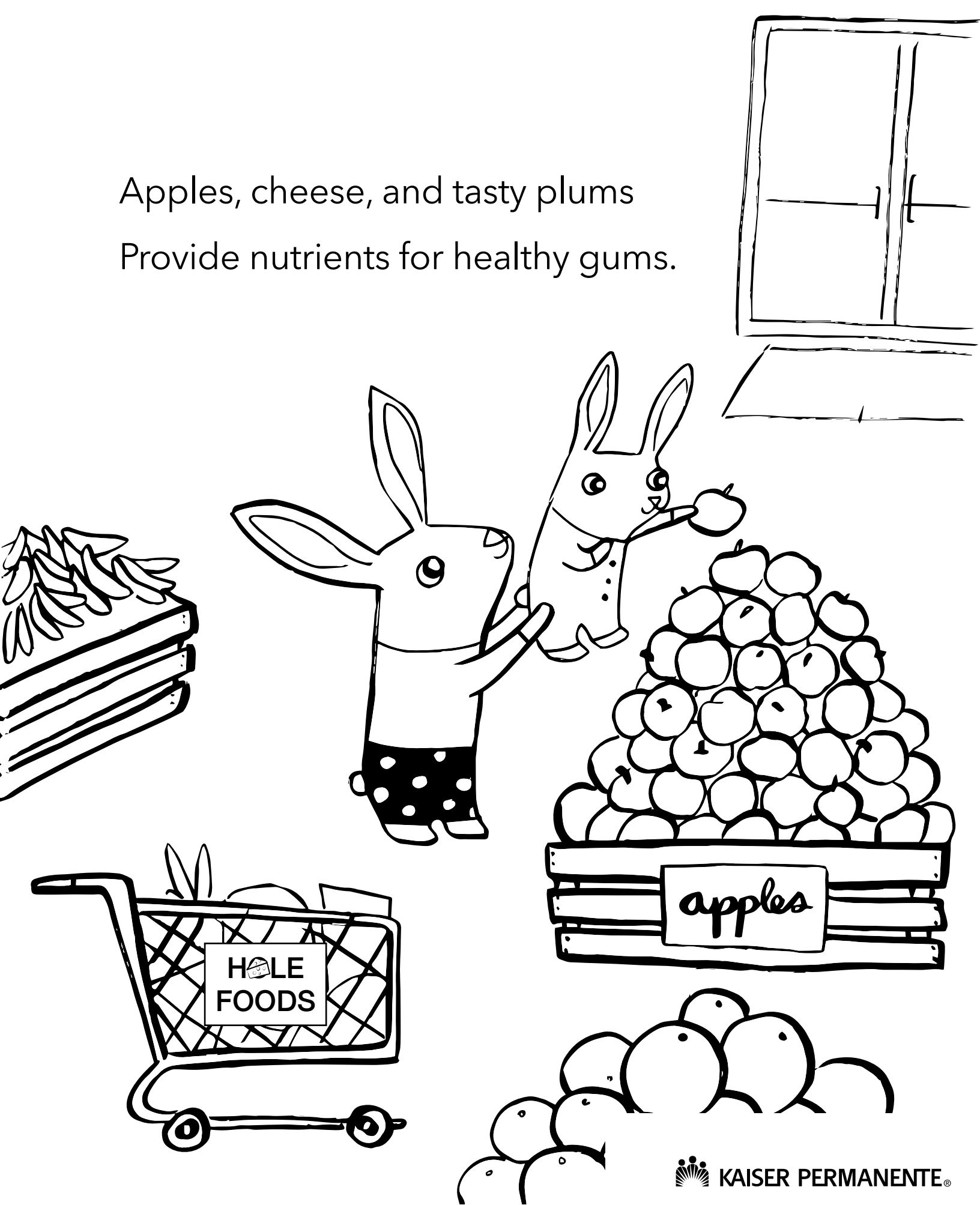


All these things you do at home.
But you can't do it all alone.



Visit your dentist every year
And give your teeth something to cheer.

Apples, cheese, and tasty plums
Provide nutrients for healthy gums.



There are other things you can do.

Trade soda
for water – it's
better for you.



These are all some
different ways

To keep your teeth
for all your days.



Kaiser Permanente's integrated health care delivery system and commitment to preventive care empower our members to maximize their total health – mind, body, and smile.

Medical plus dental equals total health. Poor oral health can cause serious health problems in other parts of the body. That's why Kaiser Permanente stands for total health.

Learn more about us
at **kp.org/dental/nw**.

