

*(Questions regarding the following information should be directed to Fletia Lewis, Benefits Manager, at 434-395-2076 or [lewisfm@longwood.edu](mailto:lewisfm@longwood.edu). Supervisors and Managers are encouraged to distribute this information to those employees who do not have computer access.)*

**TO:** Benefits-Eligible Faculty and Staff  
**FROM:** Human Resources  
**DATE:** September 11, 2009  
**SUBJECT:** Location Change of CommonHealth Program: “Something To Smile About”

### **“Something To Smile About”**

#### COMMONHEALTH PROGRAM AT LONGWOOD UNIVERSITY

The Something to Smile About program reviews dental hygiene basics like brushing and flossing. It also explores the relationship between dental health and diabetes, the benefits of good oral health during pregnancy, how to help children avoid tooth decay, and the link between gum disease and heart attacks. Participants will learn how to stop up to 700 different types of bacteria from entering the bloodstream.

Please try to attend one of the two short programs being offered at Longwood to learn more about oral health:

**DATE:** Wednesday, September 16, 2009  
**TIMES:** 10:00 am, *or*  
10:30 am

**LOCATION**  
**CHANGE TO:** Ruffner Hall Room 350

Employees who attend the program will receive an incentive (while supplies last), provided they present their employee ID badge and their CovaCare health plan ID number.

As appropriate, employees should obtain their supervisor’s approval in advance of attending.

For a program preview, please see:

<http://www.commonhealth.virginia.gov/programs/smile.html>.