

Go paperless with electronic dental benefits statements



We'll do whatever it takes and then some.

Visit our website for helpful online services



If you haven't already registered for an Online Services account, click on the **Register Today** link on the home page to take advantage of these other convenient services:

- Check benefits, eligibility and claims status
- Print your ID card
- Find the average cost of a dental procedure in your area

Help the environment and enjoy the convenience of accessing your dental benefits statements online.* Sign up to receive email notification and discontinue your mailed statements at deltadentalins.com/paperless.



- 1 Log in to Online Services with your username and password



- 2 Click the **My Profile** link.



- 3 Go to the **Preferences** section and select the **Online with Email Alerts** button. Press **Submit**.

**This feature is available to enrollees in Delta Dental PPOSM and Delta Dental Premier[®] plans.*



WE KEEP YOU SMILING[®]

WE KEEP YOU SMILING®

Why do 56 million enrollees trust their smiles to Delta Dental?

- More dentists
- Simpler process
- Less out-of-pocket

SmileWay® Wellness program

Find all of our dental health resources, including risk assessment quizzes, articles, videos and a free newsletter subscriptions, at: mysmileway.com.

Connect with us!

facebook.com/deltadentalins
twitter.com/deltadentalins
youtube.com/deltadentalins

Product administration

Delta Dental includes these companies in these states:
Delta Dental of California – CA
• Delta Dental of Pennsylvania – PA & MD • Delta Dental of West Virginia – WV • Delta Dental of Delaware, Inc. – DE
• Delta Dental of the District of Columbia, Inc. – DC • Delta Dental of New York, Inc. – NY
• Delta Dental Insurance Company – AL, FL, GA, LA, MS, MT, NV, TX, UT

Check out our new wellness resource



The SmileWay Wellness Challenge provides recommendations for how to participate in the program by taking advantage of the extensive resources available on our SmileWay Wellness site.

1. Review your habits

Take one or both of our interactive quizzes to see if you are at risk for cavities or gum (periodontal) disease. When you receive your quiz results, you can sign up to receive customized emails based on your risk level.

2. Get educated

Read any of the 100+ articles on dental health-related topics – everything from acid reflux to x-rays. We also have a variety of short videos on specific topics.

3. Stay informed

Receive regular dental health tips and information from us by:

- a. signing up for the *SmileWay Wellness Newsletter* (sent to your email box six times a year)
- b. connecting with us on Facebook
- c. following us on Twitter

All of this is accessible from our SmileWay Wellness site at mysmileway.com. Bookmark the page so you can refer to it frequently.

Questions about oral health?

If you've got questions about oral health, be sure to check out our **SmileWay Wellness Site** for answers. We've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

Mouth-body Connection

- Diabetes and oral health
- Heart disease and oral health
- Men's and Women's oral health
- Stress and oral health

Preventive care

- Brushing and flossing
- Dental cleanings
- Fighting bad breath
- Fluoride
- Choosing and caring for your toothbrush

Emergency care

- Dental care when traveling
- Handling dental emergencies

Kids & teens

- Baby bottle tooth decay

- Children's oral health
- Teens' oral health

Seniors

- Dental care of Alzheimer's patients
- Dentures
- Seniors' oral health

Dental treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Sealants

Conditions

- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ