

Why choose dental benefits?



We'll do **whatever it takes and then some.**

Get the dental care you and your family need, at a lower cost

- Having dental benefits helps pay for visits to your dentist for regular checkups and cleanings.
- Delta Dental offers you a large choice of dentists to receive the most from your benefits.

Going to visit the dentist is a worthwhile investment in your family's oral and overall health. Studies suggest that people with dental benefits are almost 50 percent more likely to visit the dentist every six months to get the care they need. When you choose Delta Dental benefits, you can prevent a dental problem or get treatment before it becomes more serious, and save money on your dental care costs.

Cost savings

Delta Dental helps you save money on dental costs:

- Delta Dental benefits provide you and your family with financial assistance for preventive or routine dental services.
- Delta Dental benefits provide coverage for many major dental procedures.
- You'll get the most value from your plan when you visit a Delta Dental dentist in your plan's network.

Improved oral health

Dental benefits emphasize preventive care. Regular dental visits can help you avoid serious problems because most dental disease is preventable.

- Regular dental care can help you and your family stay healthy and pain-free.

- You can get treatment before a problem becomes more serious.
- You and your family can avoid losing time from work or school because of dental-related problems.

Improved overall health

Studies suggest that the state of your dental health can affect other health conditions such as diabetes and heart disease. And many health conditions have oral symptoms that provide clues to their onset.

Although seeing a dentist is no substitute for a visit to a physician, regular dental checkups may tell the dentist much about your overall health.

- A regular oral examination can point to signs of disease, chronic illness or health risk.
- If a dentist finds a potential health issue, he or she may refer you to your physician for follow-up.

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 subscription, 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