

SmileWaySM Wellness Program: Take the Challenge



We'll do whatever it takes and then some.

Welcome to the SmileWay Wellness Program

Take the SmileWay Challenge, a fun way to learn how to improve your dental health. In this program, you manage your level of participation because it's: Your smile. Your health. Your way.

Delta Dental's new SmileWay Wellness Program provides a fun and interactive way for you to increase your dental health knowledge. By participating in the program, you can learn good oral health habits to help you and your family avoid pricey and painful dental problems. And because there is a known link between oral and overall health, you may find you are healthier overall.

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

The screenshot shows the Delta Dental website with a search bar and navigation links. The main content area features a 'SmileWay' banner with the tagline 'Your smile. Your health. Your way.' and a 'Take the SmileWay Challenge' section with buttons for 'Review Your Habits', 'Stay Informed', and 'Get Educated', and a 'Start Now' button. Below the banner are several article teasers: 'Flossing your fangs', 'Sugary, sticky Halloween treats can play tricks on Children's teeth', and 'Just for Kids'. On the right side, there are sections for 'Stay Informed' with social media icons, 'Review Your Habits' with a 'Gum Quiz' and 'Cavity Quiz', and a 'Glossary of Dental Terms' and 'Glossary of Insurance Terms'. At the bottom right, there is a 'Watch Your Health' section with a video icon.

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mysmileway.com

WE KEEP YOU SMILING®

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

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

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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

The SmileWaySM Wellness Challenge

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:

- following us on Twitter
- connecting with us on Facebook
- signing up for our e-newsletter *Dental Wire* (sent to your email box six times a year)

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

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DELTA DENTAL Search

Oral Health Home > The SmileWay Challenge

SmileWay
Your smile. Your health. Your way.

The SmileWay Challenge

Take the challenge by doing any of the following activities to improve your oral health.

Review Your Habits **Get Educated** **Stay Informed**

- ▶ Take one of our [interactive quizzes](#) to see your potential risk of developing cavities and gum disease.
- ▶ Go to our [Oral Health Topics page](#) to explore a general category like "Kids & Teens."
- ▶ Search for a specific oral health topic
 Search
- ▶ Watch [oral health videos](#).
- ▶ Choose one or more ways to stay up-to-date with oral health news and information:
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