

Don't break a date with the dentist!

Regular dental visits can prevent many oral health problems or help identify them earlier when treatment may be simpler and more affordable.¹ In fact, every dollar you spend on preventive care may save you money later in restorative care and emergency procedures.²

Dental care is very personal, so it's important that you feel comfortable with the dentist you choose and that your dentist has a schedule and location that are convenient for you.

To find a dentist in your area, visit www.deltadentalinc.com/findadentist and use the dentist search tool, or call customer service at **800-662-8856**.

A healthy smile and healthier you are just around the corner!

Take care of your smile between dental visits with these helpful tips:

- ✓ Brush twice a day for two minutes each time, and floss daily.
- ✓ Limit intake of sugary beverages such as soda pop, juice and sports drinks. Choose water instead!
- ✓ Replace your toothbrush every three to four months and after you've been sick.
- ✓ Trash the tobacco!



¹ American Dental Association, "Common Questions About Going to the Dentist," web.

² Delta Dental Plans Association, "Stay Healthy and Save Money with Preventive Dental Care," web.