△ DELTA DENTAL®

Healthy Smile, Happy Life

LifeSmile from Delta Dental can help you maintain a lifetime of good oral health habits.

Overall wellness starts with good oral health. And it's easy to smile when you feel good.

Regular visits to the dentist for checkups and cleanings are fundamental to making your smile last, and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are important to make sure your teeth and gums stay healthy. And if problems do occur, they'll be easier to treat.

See Your Dentist Right Away If:

- Gums bleed often or pull away from your teeth
- Teeth are loose or separating
- You see red or white patches on gums, tongue, or mouth floor
- Mouth or jaw pain persists
- Mouth sores don't heal in two weeks
- You have problems swallowing or chewing

Help Your Dentist Help You

- See a dentist regularly. Doing so can help ensure that problems are taken care of before they become more serious and expensive.

- Choose a dentist who belongs to your plan's network. Switching from a dentist who isn't in the plan to one who is enrolled will likely save you money.

- Take advantage of any exams, cleanings, or X-rays your insurance may cover. Getting regular dental checkups will help prevent dental complications or worsening of dental problems such as cavities.

- Become a partner in your dental health. Tell your dentist about your overall health, oral health history, and any concerns you have. Ask questions about caring for your teeth. Make sure you also understand any treatment options your dentist recommends.

LifeSmile – Adult Preventive Care

oralhealth.deltadental.com