

Now here's a reason to smile!

Preventive benefits to help keep your smile healthy and bright.

Did you know that under your Delta Dental dental plan, you and your family are covered at 100% (no out-of-pocket costs) for one preventive dental visit every **four months?**

Getting regular checkups is a critical step in keeping your teeth – and your whole body – healthy. This is especially true if you have a medical condition like diabetes or are pregnant because research shows that poor dental health can lead to complications for these medical conditions.

Need help finding a dentist?

The easiest way to find a dentist – if you don't already have one – is to visit our Find a Dentist search tool at **deltadentalma.com**.



To make your benefit dollars go further, select a dentist in the Delta Dental PPO network.

Member resources

Visit **deltadentalma.com** to find:

- Oral health tips for keeping a healthy smile
- Quick links to the member portal
- An online find a dentist search tool
- Easy access to TeleDentistry.com virtual appointments

Register and log in to your secure, online **member portal** to have access to:

- Benefit and coverage information
- Your digital ID card
- Claims history

Register* and log in to the **Mobile App** for 24/7 access to:

- Your mobile ID card
- Find a dentist search tool
- Easy-to-use Dental Care Cost Estimator

* Important note: you must register for the member portal before registering for the mobile app. Your user name and password will be the same for both.

Your action steps

1. Make an appointment with your dentist
2. Brush for two minutes two times a day and floss daily.
3. Limit your diet of sugary snacks such as soda that can damage your teeth.
4. Talk to your dentist about any medical conditions you have, such as diabetes or acid reflux. These can significantly affect your dental health.

Scan this QR Code to download the Delta Dental Mobile app.

