

Sign up for the *SmileWay*® Wellness Newsletter



We'll do whatever it takes and then some.

Preventive care is the number one way to keep your smile healthy

In the *SmileWay Wellness Newsletter* you'll find great ways to help you care for your teeth:

- Dental news and health tips
- Fast and healthy recipes
- Links to puzzles and games for kids
- Helpful answers to readers' questions
- Surveys

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In a rush?

You can still find time for healthy foods.

Sherry Ratliffe, a busy mother of two, knows that eating on the run often means she's paying more attention to what's convenient than what's healthy.

Find out what she learned from her dentist about choosing [healthy snacks and meals-on-the-go](#) that are good for her family's oral and overall health.

We'll do whatever it takes and then some.

Fast and healthy recipes

Fresh vegetable platter with dip

With crisp, fresh vegetables (for antioxidants and vitamin C) and calcium-rich yogurt or sour cream, this dish does double duty for healthy teeth.

Get the [recipe](#).

It's free!

The *SmileWay Wellness Newsletter* is a free resource to help you learn about improving your dental health. It provides articles, tips and tools to help you take great care of your smile.

Sign up now

A new issue of the newsletter can be emailed to you every other month. Simply visit the *SmileWay Wellness* section of our website and provide us with your email address.

Privacy notice: Delta Dental will not use subscriber email addresses for any purpose other than the *SmileWay Wellness Newsletter* and will not share our list with third parties. Subscribers will be able to unsubscribe at any time.

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.

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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



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

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