Preventive Care
Stay healthy from head-to-toe

Your mouth can do a lot of things. Taking care of it can even improve your overall health. Good oral habits go beyond brushing and flossing. Scheduling regular cleaning and check ups with your dentist can help keep your smile in tip-top shape and can help to prevent or manage other health issues.

Why is preventive care important?

Preventive care helps to keep your whole body healthy. And since nearly 50% of US adults aged 30 or older live with symptoms of gum disease, keeping up on your preventive care is key to a healthy lifestyle:[1]

- Oral disease is almost 100% preventable.
- You can save thousands of dollars for every cavity prevented in your lifetime.
- Tooth decay is the #1 chronic disease in early childhood.
- Gum disease is associated with other chronic issues including diabetes, heart disease, and Alzheimer's.

What types of preventive dental services are available?

Preventive services are procedures designed to keep you healthy by looking for and preventing the onset of diseases. It includes care like:

Oral exams	X-rays	Twice-yearly cleanings	Oral cancer screenings

A healthy mouth is a healthy you

Prioritizing preventive care for oral health is key to maintaining a bright and healthy smile for years to come.

So, give your smile the care and attention it deserves!

Many of our plans provide coverage for two checkups each year, with little to no out-of-pocket cost to you! Visit **deltadentalwa.com/fad/search** to find a dentist near you.

Want to review your coverage?

Sign up for your free MySmile member portal at **DDWA.com/MySmile**. MySmile is a handy tool that offers the best way for managing your benefits.

1. Source: Centers for Disease Control and Prevention

If you have a question, give us a call. We're happy to help.

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