

Self-Care Starts with Your Smile



Prioritize your oral health to support your overall well-being.

You already do everything you can to lead a healthy life: eat healthy, practice mindfulness, and exercise. But is your wellness routine complete without an oral health regimen?

Good oral hygiene plays a critical role in your self-care routine, impacting not just your teeth but your overall health. From preventing gum disease to boosting your confidence, oral health is a key part of feeling your best every day.

The Benefits of Oral Health in Your Self-Care Routine:



Prevent Disease: Regular brushing and flossing can help prevent serious dental issues like cavities and gum disease, which are linked to heart disease, diabetes, and more.



Boost Your Confidence: A bright, healthy smile can improve your self-esteem, making you feel more confident in social and professional settings.



Save Money: Taking care of your teeth now can help avoid costly dental procedures down the road, keeping your wallet happy, too.

Start your self-care journey today!

Finding the right dentist is essential to prioritizing your oral health. Find an in-network dentist with Delta Dental of Washington's Find a Dentist tool at:

deltadentalwa.com/fad/search

Add going to the dentist to your self-care routine.

Some people have a skin-care routine or a workout schedule that keeps their body and mind ready for the day. Adding oral health care to that routine, like brushing, flossing, and visiting the dentist, are simple ways to promote overall wellness and keep you smiling for years to come.

Make oral care a daily habit and invest in your long-term health.



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

Call us (800) 554-1907
Text us (833) 604-1246
Visit DeltaDentalWA.com



Delta Dental of Washington