

February 1, 2018

Dear Member:

## Your mouth needs your help!

From our records, it looks like you are overdue for a dental checkup.

Getting regular checkups twice in a calendar year 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. 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 web site at **[www.deltadentalma.com](http://www.deltadentalma.com)**. Just click on the link at the top of the page and you'll get there.

You can also use our mobile app to find a dentist, check your benefits and even get an ID card. Just search for Delta Dental in the App Store (Apple) or Google Play (Android), or use the QR code at the bottom of this letter to download.

## Your Action Steps



- 1) Make an appointment with your dentist.
- 2) Brush for two minutes 2 times a day and floss daily.
- 3) Watch your diet for sugary snacks, like soda – these can damage your teeth.
- 4) Be sure to talk to your dentist about any medical conditions you have, such as diabetes or acid reflux. These can significantly affect your dental health.

## Dental Health Resources

You also have 24/7 access to dental information at **[deltadentalma.com](http://deltadentalma.com)**. Visit the site to:

- Find out your dental IQ with our online quiz
- Get health tips for keeping a healthy smile
- Log into your account to see claims, check your benefits and see other information
- Locate a dentist for you and your family



Delta Dental of Massachusetts is an Independent Licensee of the Delta Dental Plans Association. ®Registered Marks of the Delta Dental Plans Association.

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