



HOW PREVENTIVE DENTAL CARE CAN HELP YOU STAY HEALTHY FROM HEAD-TO-TOE

Good oral habits go beyond brushing and flossing. Scheduling regular cleaning and check ups with your dentist can help keep you 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:

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 linked to other chronic issues including diabetes, heart disease, and Alzheimer's

Why is preventive care important?

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

- Oral exams
- X-rays
- Twice-yearly cleanings
- Fluoride treatments

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/tools-and-resources/find-a-dentist to find a dentist near you!

Every cavity prevented in your lifetime adds up to thousands of dollars of savings¹

¹ <https://www.cdhp.org/resources/298-lifetime-costs-of-a-cavity-by-delta-dental>



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