

# Maintain Your Smile

Visit the dentist for preventive care



Did you know that your plan covers **100%** of your diagnostic and preventive<sup>1</sup> dental care needs when you visit a dentist in the Delta Dental PPO™ and Delta Dental Premier® network?<sup>2</sup>

**Each calendar year, your Delta Dental benefits include the following:**

- 2 oral exams
- 2 routine cleanings
- Fluoride treatments (to age 19)
- 1 set of bitewing x-rays

**Here are five great advantages to visiting your dentist twice a year:**

1. Prevent gum disease
2. Detect cavities early
3. Eliminate bad breath
4. Monitor health for signs of oral and systemic disease
5. Make the most of your dental benefits

For more information about your plan, and to find a Delta Dental dentist near you, visit [deltadentalins.com](http://deltadentalins.com). For dental health-related tips, visit [mysmileway.com](http://mysmileway.com).

<sup>1</sup> Diagnostic and preventive services apply to your annual maximum.

<sup>2</sup> This applies to any Delta Dental PPO or Delta Dental Premier dentist. Coverage is also provided when you visit an out-of-network dentist; however, you are responsible for paying the difference between the dentist's charges and the plan allowance.