



# Healthy mouth, healthy you

## Your one-stop shop for wellness



Get all the tips you need to keep your teeth and body healthy with preventive care articles, quizzes and more.

### Expand your knowledge

Read articles on dental health-related topics, from acid reflux to x-rays. Get familiar with dental procedures with short videos and learn how to protect your teeth for a healthier you.

### Make the connection

Explore the connection between your oral health and your overall health. Get tips on nutrition, healthy aging and more.

### Involve the whole family

Help get your children excited about taking care of their teeth with kid-friendly recipes, tips on conquering dental anxiety and a special activity book, *Grin! for Kids*.

### Assess your risk

The risk assessment tool gives you an oral health score to share with your dentist at your next visit. You can also assess your risk for cavities and gum disease with special quizzes.

### Brush up on terminology

Heard a dental or insurance term you're unfamiliar with? Review the glossary to learn everything you need to know.

### Stay connected

Keep in touch for dental health articles and fun facts:

- Sign up for *Grin!*, our free dental wellness e-magazine available in English and Spanish.
- Follow Delta Dental on Facebook, Twitter and Instagram.

Visit the wellness library:  
[deltadentalins.com/wellness](https://deltadentalins.com/wellness)

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