

A healthy mouth helps keep your whole body healthy

Take care of yours by:

- Visiting your dentist for cleanings and other preventive care
- Brushing and flossing twice a day
- Eating healthy snacks and staying hydrated

Be sure to create an account at **deltadentalri.com** to learn more about your Delta Dental benefits and register to get paperless communications from us.

Learn more ways to keep your mouth happy and healthy at **deltadentalri.com**.

