

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.

