

Learn more about how to keep your teeth and gums healthy at deltadentalri.com.



Delta Dental of Rhode Island

You'll find:

- Tips to help you build good oral health habits
- Healthy snack ideas and more to keep kids' teeth healthy
- A tool you can use to assess risks to your oral health
- The latest issue of Grin! magazine

Already a Delta Dental of Rhode Island Member?

Registering at our website gives you important information about your account. You can:

- Check your specific benefits and coverage dates
- Review deductible and maximum amounts, and confirm remaining balances
- Go "green" with electronic notifications
- Order or print a new ID card
- Look up the status of a claim or view your recent claim history
- Use our Find a Dentist tool to find a participating dentist in your area

Visit www.deltadentalri.com today.



Taking care of your teeth is a full-time job

Oral health tips for when you're at the office or on the road



www.deltadentalri.com

Workplace Stress and Your Oral Health

Don't let bad habits hurt your teeth



Your oral health might not be the first thing you think of when the boss is calling, your report's overdue and a staff member calls out sick. But those little habits that help you manage workplace stress might just be messing with your smile.

Stress-induced behaviors, like chewing pens, pencils or fingernails, are bad news for your teeth. You could fracture or chip your tooth, leading to pain or extensive dental work like a root canal or crown. When you feel the urge to chomp down, try some sugar-free gum. Aside from keeping your mouth busy, it also helps boost the flow of saliva, which prevents bacteria from building on your teeth.

At Delta Dental of Rhode Island, we believe in the power of prevention. We're here to help you take care of your teeth and gums, and get the oral health care you need when problems arise.

Visit www.deltadentalri.com for more ways to keep your teeth and gums healthy.

Hitting the road?

How to Keep Your Mouth Healthy When You Travel

If traveling is a regular part of your job, these tips can help you keep up good oral health habits while you're away from home:



Bring your toothbrush.

Forgot yours? Some hotels can provide a toothbrush to guests, so be sure to ask.



Cover your toothbrush.

While you're traveling, it's best to keep a cap on your toothbrush to protect it from germs. Once you've reached your destination, remove the cap to keep bacteria at bay.



Consider a dental travel kit.

You can buy a travel-sized dental kit that includes a toothbrush, toothpaste, floss and mouthwash to keep your mouth healthy while you're on the go.



Pack healthy snacks.

Sugary snacks leave behind bacteria that can cause tooth decay. Healthier choices include veggies, string cheese and fruits.



Stay hydrated.

Drink plenty of water to rinse away bacteria that can cause bad breath, gingivitis and cavities. By keeping yourself hydrated, you're also taking care of your overall health.