VISIT YOUR DENTIST
to
PROTECT YOUR SMILE FOR A LIFETIME!

Delta Dental encourages regular visits to your dentist to protect your teeth and check for signs of dental issues that could cause oral health issues in the future.

TALK TO YOUR DENTIST ABOUT THESE PREVENTIVE CARE METHODS:

Fluoride Treatments
Fluoride is a mineral that can help protect your teeth against future tooth decay and is commonly found in drinking water and toothpaste. Dentists easily paint the solution on the tooth surfaces during routine dental check-ups.

Brushing & Flossing
Brushing your teeth with fluoride and flossing are basic measures you should take for preventive care and early diagnosis of oral health problems, like periodontal (gum) disease. Gum disease is a chronic bacterial infection that affects the gums and bones supporting your teeth. By visiting the dentist regularly to receive proper brushing and flossing techniques, you may be able to save the time, money and discomfort associated with gum disease.

Sealants
Sealants are plastic coatings that protect difficult-to-reach pits and grooves on the chewing surfaces of the teeth from the bacteria that cause tooth decay (cavities). Sealants are particularly beneficial to children who are at higher risk for tooth decay. Your dentist can easily apply sealants during a routine check-up, and it’s quick and painless!

---

70% of high-risk children covered by Delta Dental did not receive the recommended 2 or more fluoride treatments per year

96 million people are not getting the proper amount of preventative care

60-70% of cavities can be prevented by sealants

Many of Delta Dental’s benefit plans cover important preventive treatment! To check your coverage, and to learn more about how to improve your health, visit DeltaDentalMN.org

The Preventative Care Study is a landmarks claims study of Delta Dental’s more than 90 million dental claims that investigated whether higher-risk children and adults were receiving the preventative care they needed. For more information on the study, visit deltadental.com/pcstudy.