



# Healthy Smiles All Year Long



Smart Oral Health Tips

Oral health is a foundation for overall wellness, so regular visits to the dentist for checkups and preventive care are fundamental to making your smile last and preventing tooth decay and gum disease.

## See Your Dentist Right Away If

- Gums bleed often or appear red or swollen
- Teeth are loose or separating
- Mouth or jaw pain persists
- You have problems swallowing or chewing

## Healthy Smile, Happy Life

Make sure to schedule regular dental exams, and in between visits, take advantage of numerous free resources for improving your oral health from Delta Dental at [deltadentalmn.org/oral-health](https://deltadentalmn.org/oral-health).

