

Start Your Next Year Right

Time to celebrate and keep on smiling through the next year! If you haven't already, now is a good time to schedule your next dental exam and cleaning—because keeping your smile healthy is the first step in keeping your body healthy! For tips, tools, and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark deltadentalmn.org/oral—health.

Healthy Smile, Happy Life

LifeSmile can help you prevent disease and keep you on the path toward a healthier, happier life for you and your baby. Take advantage of numerous free resources for improving your oral health at oralhealth.deltadental.com.

What's Your Score?

Is your oral health at risk? Take a quick online assessment that you can share with your dentist to help identify risk indicators and make a plan for protecting your smile.

[Take the Online Assessment](#)