

Protect Your Smile, Protect Your Health

Current or former smoker? Lost or loose teeth? Recent fillings? You could be at higher risk for tooth decay, periodontal (gum) disease, tooth loss or even mouth cancer. Delta Dental makes it easy to measure your risk with a quick and easy online self-assessment at deltadentalmn.org/oral-health.

What's Your Score?

- If you are a current or former smoker or user of other tobacco products
- If you have loose teeth or teeth that are separating
- If you have pain when chewing or sensitivity to hot or cold
- If you do not have access to fluoridated water and do not brush regularly with fluoride toothpaste
- If you have diabetes

Then it's time to measure your risk for gum disease, tooth decay and mouth cancer.

Don't risk it anymore—know your score! Visit deltadentalmn.org/oral-health to take a quick oral health risk assessment and help your dentist make a long-term plan for your smile's health.

Have Questions About Your Oral Health?

Your Delta Dental plan also provides you access to LifeSmile, Delta Dental's oral wellness program. Find newsletters, blogs, and entire online library of dental health topics.

Take Control of your Oral Health