



# CELEBRATE NATIONAL DENTAL HYGIENE MONTH

National Dental Hygiene Month is a great opportunity to educate employees about the benefits of good oral health. Preventive care and regular professional cleanings can help improve overall wellness and quality of life.<sup>1</sup> Promote employee dental hygiene with the wellness resources available at [mysmileway.com](http://mysmileway.com).

## WE KEEP YOU (AND YOUR ENROLLEES) SMILING

Oral and overall health are linked: By encouraging employees to get professional cleanings, you're helping them stay healthier overall.

**Oral health quizzes** — Link to our cavity and gum disease quizzes from your intranet or website to help employees assess their oral health habits. Employees can sign up for customized oral health tips based on the results. ([deltadentalins.com/oral\\_health/quizzes.html](http://deltadentalins.com/oral_health/quizzes.html))

<sup>1</sup> U.S. Department of Health & Human Services “HHS Oral Health Initiative,” 2010.

**Articles and videos** — The SmileWay® Wellness site offers shareable articles and videos on a diverse selection of oral hygiene topics including how to choose a toothpaste and facts about flossing. Spanish resources are also available. ([mysmileway.com](http://mysmileway.com))

**Wellness posters and flyers** — Download and distribute oral health and wellness posters, flyers and booklets highlighting good dental hygiene and cavity prevention practices for the whole family. ([deltadentalins.com/administrators/guidance/oral-health-wellness-materials.html](http://deltadentalins.com/administrators/guidance/oral-health-wellness-materials.html))

**Share a *Grin!*** — Encourage employees to subscribe to *Grin!*, our fun and free oral health e-magazine. They can read *Grin!* on the go by downloading our app for their smartphone, tablet or e-reader today. ([ddins.grinmag.com/](http://ddins.grinmag.com/))

**MySmileKids website** — Find fun activities, games and information at our award-winning children’s website to help educate kids about their teeth and establish good oral health habits from an early age. The site is also available in Spanish. ([mysmilekids.com](http://mysmilekids.com))

**Connect with us** — Search for deltaxdentalins on Facebook, Twitter, YouTube and Google+ and follow us for up-to-date oral health news and tips.

