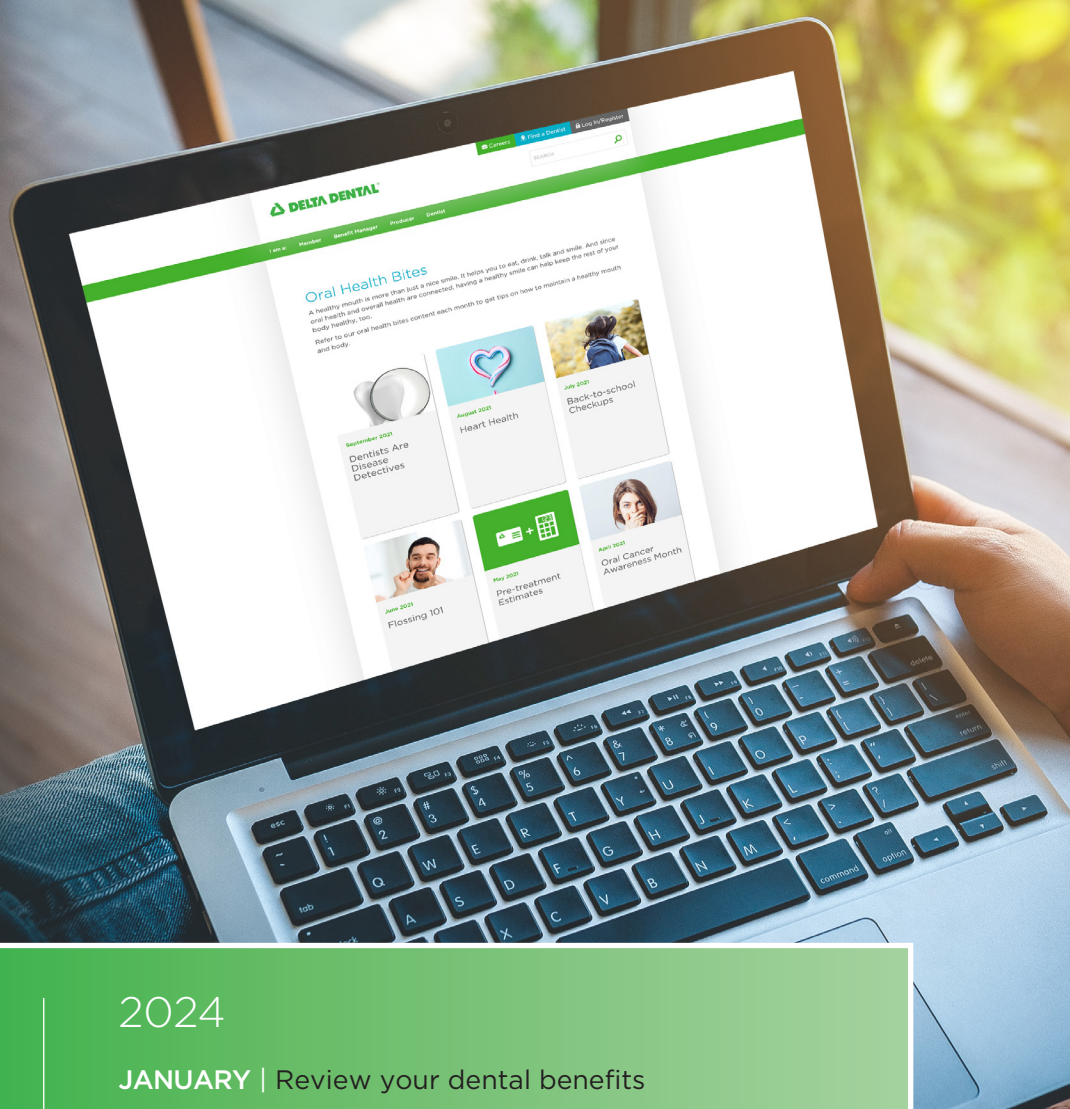


Oral Health Bites

Monthly oral health tips for a healthy mouth, body and mind



Having a healthy mouth helps you to eat, drink, talk and smile. And since oral health and overall health are connected, a healthy smile can help keep the rest of your body healthy, too.

Refer to our oral health bites each month to get tips on how to maintain a healthy mouth, body and mind.

2024

JANUARY | Review your dental benefits

FEBRUARY | National Children's Dental Health Month

MARCH | Heart health

APRIL | Oral Cancer Awareness Month

MAY | Smile-smart snacks

JUNE | Staying in network

JULY | Floss and fluoride

AUGUST | Tooth trauma

SEPTEMBER | Preventive care

OCTOBER | Special health care needs

NOVEMBER | Toothbrush truths

DECEMBER | Smile-smart resolutions

Delta Dental of Michigan: www.deltadentalmi.com/oralhealthbites

Delta Dental of Ohio: www.deltadentaloh.com/oralhealthbites

Delta Dental of Indiana: www.deltadentalin.com/oralhealthbites