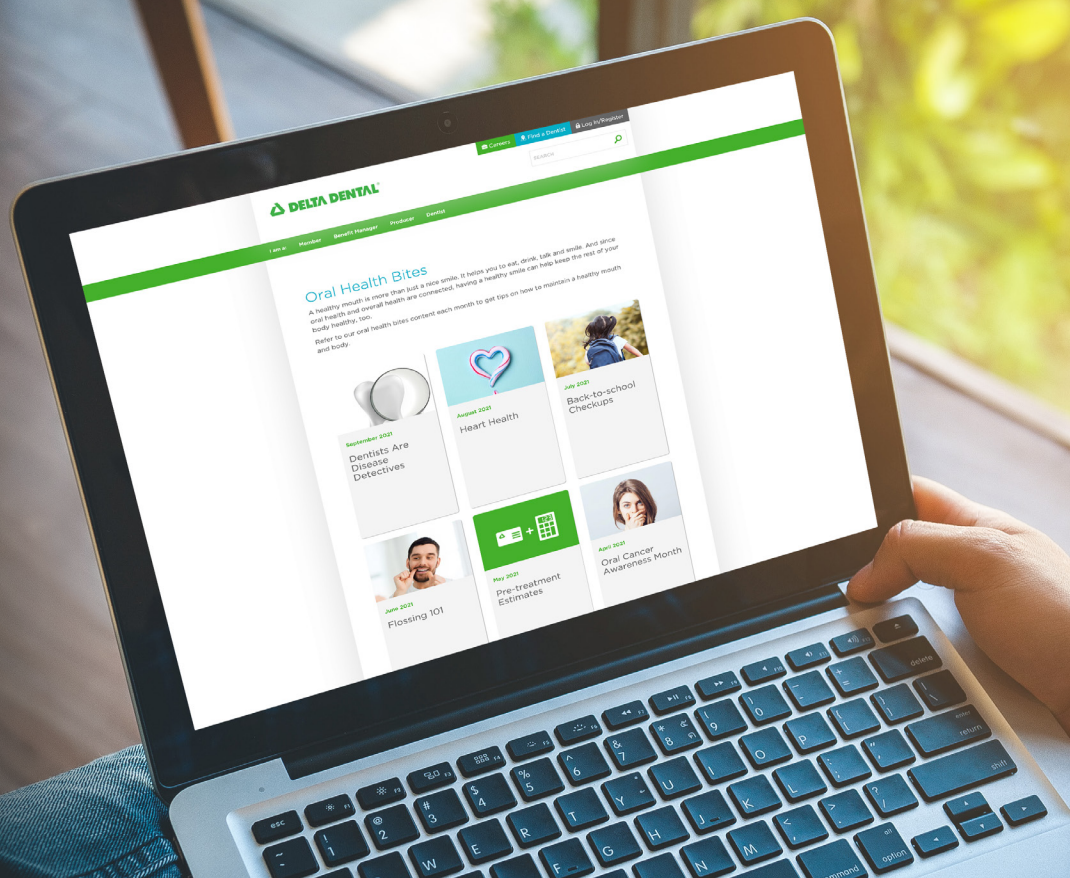


Oral Health Bites

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.**

2025

- JANUARY** | Review your dental benefits / How to ID common oral issues (periodontal)
- FEBRUARY** | Children's Dental Health Month / Black History Month
- MARCH** | Heart health / Understanding common terms from your Delta Dental plan
- APRIL** | Oral Cancer Awareness Month / Change out your toothbrush
- MAY** | Brushing basics / Network savings
- JUNE** | What is fluoride? / What does it mean when a dentist "accepts" Delta Dental plans?
- JULY** | Dental emergencies / Importance of prevention
- AUGUST** | Medications and oral health / Away-from-home dental care
- SEPTEMBER** | What is a hygienist vs. a dentist? / Don't skip your appointment
- OCTOBER** | Smile-smart snacks / Use the Member Portal
- NOVEMBER** | Diabetes Month / Be thankful for dentists (disease detectives)
- DECEMBER** | Dealing with holiday treats / Planning for oral health in the year ahead