



It's a fact...

Dental insurance is important.

Fact: Your overall health will benefit.

Your oral health is connected to your overall health. Researchers have uncovered links between gum disease and systemic health, including associations with heart disease and strokes. That's why it's so important to make dental care a priority — it can help you and your family live healthier.

- ▶ People with dental insurance are more likely to visit the dentist regularly.
- ▶ Patients receiving regular preventive care have better oral health.
- ▶ Dental insurance often covers 100% of preventive care.

Facts...

- Tooth decay is the single most common chronic childhood disease.
- If you have cavity-causing germs in your mouth, you can pass them to your baby.
- More than 120 diseases can cause specific signs and symptoms in and around the mouth and jaw. A dentist doing regular check-ups can help spot these potential problems.

...and Figures

- 23% of all adults have untreated tooth decay.
- More than half of U.S. children ages 5 to 9 have at least one cavity or filling.
 - One out of every two American adults age 30 or older has periodontal disease.
 - Dental disease causes employed adults to lose more than 164 million hours of work a year.
 - In Colorado, dental disease costs taxpayers an estimated \$1 billion annually.





Fact: Nearly 100% of oral disease is preventable.

People with dental insurance are more likely to visit the dentist regularly. Routine exams allow your dentist to get to know you and follow your health history. Dentists are more able to catch and treat potential problems early when they see their patients on a routine basis. Invest in your future — make dental care a priority.

Fact: Healthy habits lead to healthy smiles.

What does “healthy living” really mean? Diet, exercise, and plenty of rest are major components of a healthy lifestyle, but other healthy habits include:

- Regular dentist visits.
- Brushing and flossing at least twice a day.
- Making nutritious food choices.
- Sharing your medical conditions with your dentist.

► By choosing a Delta Dental PPOSM provider, you will save the most money on out-of-pocket expenses!

1

Use the Find a Dentist search tool at deltadentalco.com

2

Call 1-800-610-0201
8 a.m. to 6 p.m. MT
Monday-Friday

3

Download the free Delta Dental mobile app for iPhone and Android

Fact: Finding a provider is easy!

Visit us at deltadentalco.com to:

- Find a provider
- View benefits
- Print ID cards
- Check claim status
- Assess your oral health risk
- View wellness resources
- And much more

Dental Plans to Keep You Healthy and Smiling

Delta Dental of Colorado is the state's leading dental benefits company and the only one based in Colorado. Unlike most carriers, we focus on just one thing — dental insurance. We provide our more than one million members with the convenience of local customer service backed by a national network of dental providers. In addition, we are a nonprofit company with a mission to improve oral health in Colorado.

Since 1958, we have offered high-quality, cost-effective dental plans to help you stay healthy and smiling. We are committed to:

- Expanding access to oral health care.
- Using our dental benefits expertise to provide access to the best dental care in the most extensive network.
- Providing world-class customer service.

Contact Us

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Customer Relations
Toll-free: 1-800-610-0201
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Mountain Time
Email: customer_service@ddpco.com



► **Fact: Delta Dental is the champion of your smile!**