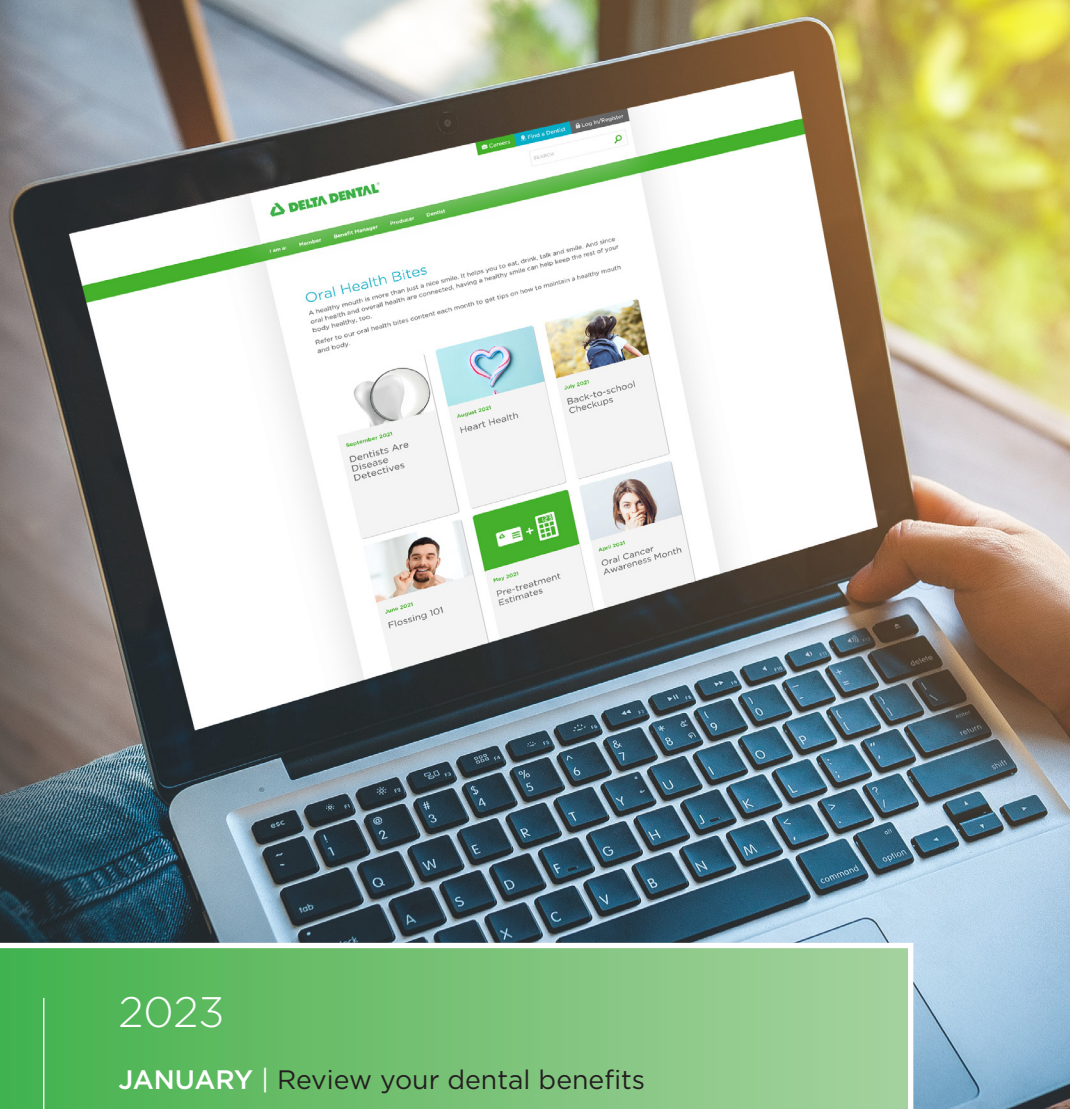


Oral Health Bites

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.

2023

- JANUARY** | Review your dental benefits
- FEBRUARY** | National Children's Dental Health Month
- MARCH** | Staying in network
- APRIL** | Oral Cancer Awareness Month
- MAY** | Member Portal
- JUNE** | Dental benefits explained
- JULY** | Heart health
- AUGUST** | Oral health and caregivers
- SEPTEMBER** | Preventive dental visits
- OCTOBER** | Flossing 101
- NOVEMBER** | American Diabetes Month
- 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