

# SmileWay® Wellness Program: Take the Challenge



We'll do whatever it takes and then some.

## Welcome to the SmileWay Wellness Program

Take the SmileWay Challenge, a fun way to learn how to improve your dental health. In this program, you manage your level of participation because it's: Your smile. Your health. Your way.

Delta Dental's new SmileWay Wellness Program provides a fun and interactive way for you to increase your dental health knowledge. By participating in the program, you can learn good oral health habits to help you and your family avoid pricey and painful dental problems. And because there is a known link between oral and overall health, you may find you are healthier overall.

The SmileWay Challenge provides recommendations for how to participate in the program by taking advantage of the extensive resources available on our SmileWay Wellness site.

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**Just for Kids**

- Dental health tips, games and stories for kids and health education materials for teachers.
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**Celebrate National Nutrition Month**

Learn how healthy foods can help protect your teeth and gums.

[Read articles](#) | [Watch a video](#)

**What to eat to keep your teeth**

Nutrition is important to oral health. Nutrients found in certain foods help strengthen immunity and protect the teeth and gums.

**Acid attack!**

Carbonated beverages, fruit juice and acidic foods can harm teeth. Acid in our food can cause enamel to wear away.

**Watch Your Health**

[Preventive dental care: beyond the basics 03:28](#)

You know to brush and floss daily and visit the dentist regularly. Learn what else you can do to keep your teeth and gums looking their best.

**SmileWay**  
Your smile. Your health. Your way.

Stay Informed

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**The SmileWay Challenge**

**Take the Challenge**

- Review Your Habits
- Stay Informed
- Get Educated

[Start Now](#)

**Review Your Habits**

Assess your habits with a quick, interactive quiz.

- [Gum Quiz](#)
- [Cavity Quiz](#)

Continued on back

## WE KEEP YOU SMILING®

Why do 56 million enrollees trust their smiles to Delta Dental?

- More dentists
- Simpler process
- Less out-of-pocket

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## Product administration

Delta Dental includes these companies in these states:  
Delta Dental of California — CA • Delta Dental of Pennsylvania — PA & MD • Delta Dental of West Virginia — WV • Delta Dental of Delaware, Inc. — DE • Delta Dental of the District of Columbia, Inc. — DC • Delta Dental of New York, Inc. — NY • Delta Dental Insurance Company — AL, FL, GA, LA, MS, MT, NV, TX, UT

## The SmileWay® Wellness Challenge

### 1. Review your habits

Take one or both of our interactive quizzes to see if you are at risk for cavities or gum (periodontal) disease. When you receive your quiz results, you can sign up to receive customized emails based on your risk level.

### 2. Get educated

Read any of the 100+ articles on dental health-related topics — everything from acid reflux to x-rays. We also have a variety of short videos on specific topics.

### 3. Stay informed

Receive regular dental health tips and information from us by:

- following us on Twitter
- connecting with us on Facebook
- signing up for our e-newsletter (sent to your email box six times a year)

All of this is accessible from our SmileWay Wellness site at **mysmileway.com**. Bookmark the page so you can refer to it frequently.

### Simple ways to participate in the Challenge

- Take the cavity quiz: [deltadentalins.com/oral\\_health/dental-cavity-quiz/](https://deltadentalins.com/oral_health/dental-cavity-quiz/)
- Take the gum (periodontal) quiz: [deltadentalins.com/oral\\_health/gum-disease-quiz](https://deltadentalins.com/oral_health/gum-disease-quiz)
- Read 3 dental health articles: [deltadentalins.com/oral\\_health/index-all.html](https://deltadentalins.com/oral_health/index-all.html)
- Watch 3 dental health video clips: [deltadentalins.com/oral\\_health/videos.html](https://deltadentalins.com/oral_health/videos.html)
- Visit our children's website and take the cavity quiz or play a game: [mysmilekids.com](https://mysmilekids.com)
- Like us on Facebook: [facebook.com/deltadentalins](https://facebook.com/deltadentalins)
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