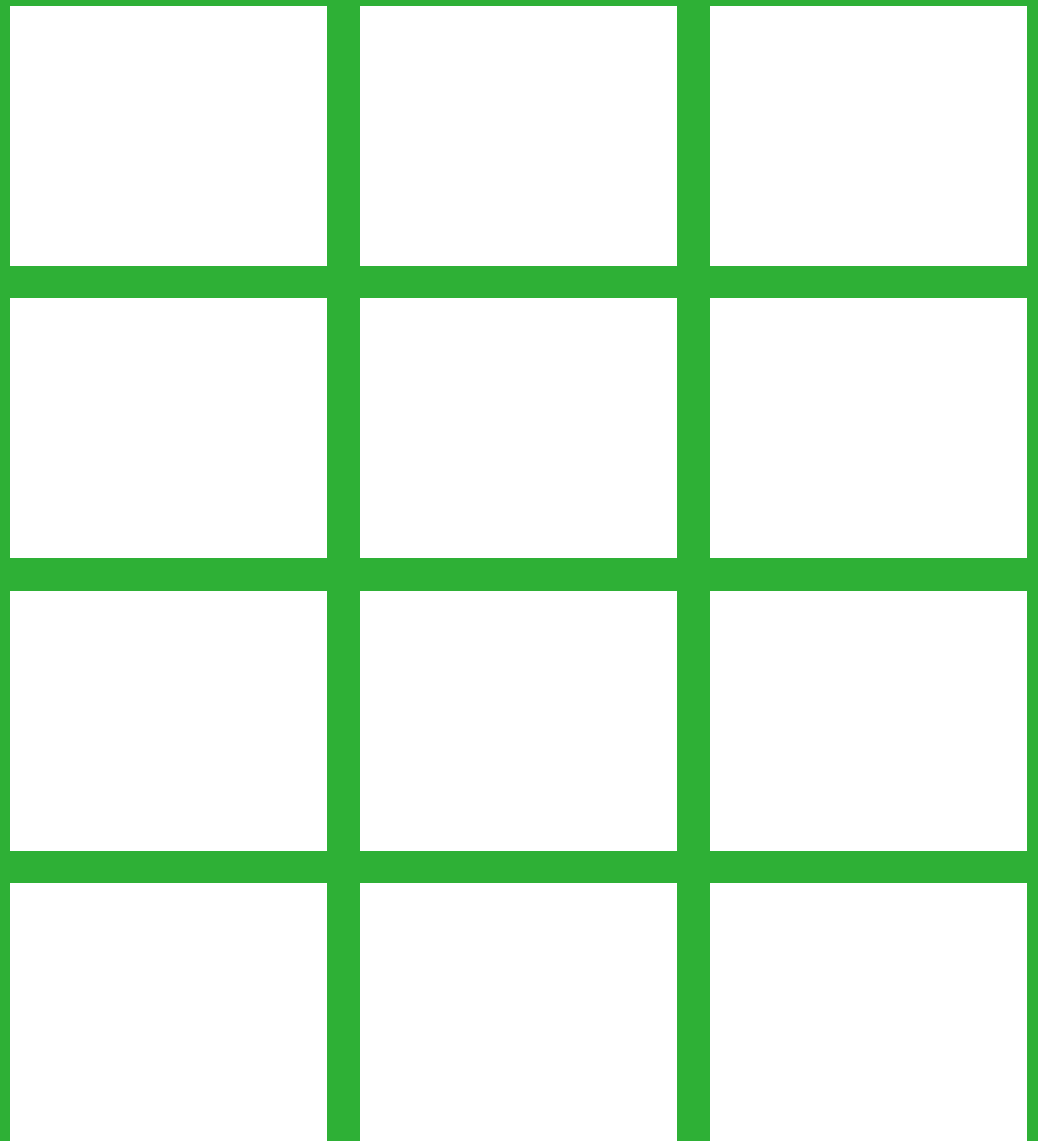


Healthy Smile.
Healthy You.
All Year Long.

How to use

When you need fun and engaging oral health information to share with your employees, we've got you covered all year long.

- 1** Click on any month to the right to find oral health assets like videos, articles and Tooth Fairy tips.
- 2** Use the navigation bar at the bottom of each page to toggle between months or return to the home page.
- 3** Share these assets with your employees through company newsletters, emails, social media and more!





JANUARY

It's a new year and a new chance to smile

Develop and maintain healthy habits

Start yourself off on the right foot this year with healthy habits to transform your well-being. Here are some tips to conquer your goals and find success along the way.



[Develop Healthy Habits in 4 Simple Steps](#)

Wellness and smiles with the touch of a button

Staying on track with your health has never been easier with a smartphone in your pocket. Build mindfulness and fitness into your daily routine with these wellness apps.



[Health, Wellness and Smiles: There's an App for That](#)



FEBRUARY

Tips for tiny teeth during Children’s Dental Health Month

A flossing routine to keep teeth squeaky clean

When tiny teeth begin to touch, it’s time to bust out the floss. Lead by example and help teach kids to floss with these fun tips.

 [Make Flossing Fun for Kids](#)

Smiles are hot off the press with Grin! for Kids

Each issue of Grin! for Kids magazine is jam packed with games, crafts and bite-sized tips to keep young chompers healthy.

 [Grin! for Kids Magazine](#)



Tooth Fairy Tip

Did you know we sponsor National Children’s Dental Health Month at the Children’s Museum of Phoenix every February? Visit the museum events calendar for details on all the fun!
childrensmuseumofphoenix.org/events



MARCH

Chow down on mouth-healthy food that fuels your body

Make time for a tasty break time

Skipped lunch breaks and working lunches are a growing trend. Pause to eat a healthy meal during the workday with these yummy lunchbox ideas.



[Make Time for Break Time: Lunchbox Ideas for Work](#)

The smartest farmers market finds for your smile

When you shop for local fruits, veggies and cheeses in the open air your mouth will thank you. These foods are loaded with the vitamins and minerals your body needs to stay healthy.



[Best Farmers Market Finds for Your Smile](#)



Tooth Fairy Tip

Looking for easy, flavor-packed recipes? Check out the Delta Dental of Arizona Blog for delicious dishes that are simple to prepare and super for your smile.

deltadentalazblog.com/tag/healthy-recipes



APRIL

Fight back against oral cancer with knowledge and prevention

Are you at risk for developing oral cancer?

Oral cancers are largely preventable but come with many risk factors. Some are lifestyle choices we make and some are dynamics we can't control.



[Oral Cancer Risk Factors](#)

Get screened annually for peace of mind

Ask your dentist once a year for an oral cancer screening. They are trained to spot the slightest symptoms and are vital in diagnosing cancer in the early stages.



[Open Wide: Oral Cancer Screening](#)



Tooth Fairy Tip

Tobacco use contributes to many serious oral and overall health conditions for users and those exposed to second-hand smoke. Get tips for quitting and supporting a quitter in our Living Tobacco -free webinar. deltadentalaz.com/employer/oral-health-materials/wellness-webinars



MAY

Explore the connection between womanhood and wellness

Hot flashes, night sweats and mood swings

Hormonal fluctuations during menopause can put women at an increased risk of oral health problems. Learn about some of the most common dental problems women experience during this time.



[Menopause and Your Mouth: How Menopause Affects Women's Oral Health](#)

You're glowing and so is your smile

Pregnancy symptoms like swollen feet and a loss of appetite can make what should be a joyful time feel a little less so. Luckily there are ways to deal with some of these side effects and turn that frown upside down.



[Turn Pregnancy Symptoms into a Smile](#)



JUNE

Help men manage and make the most of preventive care

Do gum infections contribute to ED?

Research shows that men with erectile dysfunction are more likely to have gum disease than those who don't have it. Learn more about the link between periodontal disease and erectile dysfunction.



[Severe Gum Disease Linked to Erectile Dysfunction](#)

Prostate health linked to periodontal health

Men with indicators of periodontal disease and prostate problems have higher levels of a prostate-specific enzyme than those who only have one of these conditions. Here are some helpful tips to improve prostate health.



[Prostate Health May Be Linked to Periodontal Health](#)



Tooth Fairy Tip

Men are less likely to seek preventive dental care, according to the American Dental Association. As a result, men are more likely to have untreated dental decay than women--yikes! Take the LifeSmile® Score Oral Health assessment to estimate your dental health score. emds3.previser.com/delt/delta-z968he




JULY

Tooth-friendly tips for caregivers and kids

Make mornings less hectic and more mouth-friendly

Tooth decay is nearly 100% preventable, so you have the power to protect your kids' smiles. Try this speedy smile routine with your family for a smooth sailing morning.

 [Tips for Establishing a Speedy Smile Routine the Whole Family Can Follow](#)

Pediatric dentists play nice with kids

When and why children see a pediatric dentist depends on their unique needs. Learn how a pediatric dentist might differ from a regular family dentist.

 [Does Your Child Really Need to See a Pediatric Dentist? Maybe, Here's Why:](#)



Tooth Fairy Tip

For answers to common questions about your children's oral health, check out our "Ask the Dentist" playlist on YouTube featuring pediatric dentist Dr. Jeanette MacLean. youtube.com/playlist?list=PL10fQBAI1p5p3sA33JY-X16ez6KfwVNCY



AUGUST

Smile safety tips to keep your teeth on the straight and narrow

Accidents happen, here's how to handle them

It's important to understand that some mouth concerns need emergency care, while others you can handle on your own. If treatment is needed to save a tooth, stop bleeding or lessen pain, it could be an emergency.



[What is a Dental Emergency](#)

Protective gear can save your smile

Mouthguards help absorb the shock from a blow to the face that could result in an injury to the mouth or jaw. Here's how to defend your smile if you're playing sports with a ball, bat or stick.



[Wear a Mouthguard in Sports with a Bat, Ball or Stick](#)



SEPTEMBER

A happy, healthy mouth at every age in life

Another trip around the sun is a beautiful thing

Embrace your age and do it with grace. Here are five simple and healthy ways to prove to yourself and others that age is just a number.



[5 Tips for Aging Gracefully](#)

From birth to first tooth and first smile

The first year in a little one's life is filled with amazing oral health milestones. Here's a handy breakdown of all the stages of teething a new parent can expect to see during baby's first year.



[5 Teething Milestones During Your Baby's First Year \[infographic\]](#)



Tooth Fairy Tip

Oral health changes as we age, so it's important to understand the unique needs at every stage of life—from infancy through senior years. Check out our "Life Stages of Oral Health" playlist on YouTube to learn how to keep your smile healthy for a lifetime.

youtube.com/playlist?list=PL10fQBA1p5pH29DdaWHKXAQKeYIb4MI



OCTOBER

Be confident in your smile and keep it sparkling all year

Floss like a boss for a fabulous grin

If you've ever lied to your dental hygienist about how much you're flossing, you're not alone. Here's why it's important to fess up and start flossing for your oral and overall health.



[Five Reasons to Floss Your Teeth Daily](#)

Dental hygienists are your teeth's biggest fans

Dental hygienists help keep teeth healthy and clean. Here are a few ways to keep your dental hygienist happy and cheering you on during National Dental Hygiene month.



[National Dental Hygiene Month: 3 Ways to Keep Your Dental Hygienist Happy](#)



Tooth Fairy Tip

Dental hygienists offer a wealth of knowledge! Check out our "Mouth Healthy Tips with a Registered Dental Hygienist" playlist on YouTube for tips for people of all ages. youtube.com/playlist?list=PL10fQBA1p5pq-5s06mY7JyL7qclYB12H



NOVEMBER

Dental care defense against diabetes

Proper oral health habits can slow diabetes progression

Research shows a connection between gum disease and the risk of developing Type 2 diabetes. The good news is that taking care of your teeth can slow or prevent it.



[2 Ps to Avoid: Periodontal Disease and Pre-Diabetes](#)

Caring for your teeth and gums with diabetes

It's important to visit the dentist regularly for preventive exams and cleanings; he or she can watch for warning signs of decreased dental health. Here are some other tips for keeping your oral health in check.



[Dental Care Advice for Diabetics](#)



Tooth Fairy Tip

Did you know that many of our dental plans offer a third cleaning benefit to diabetics? Learn more about our evidence-based integrated care program: deltadentalaz.com/content/dam/member-companies/arizona/documents/DDAZ_ThirdCleaningBenefit_Member.pdf



DECEMBER

The not so sweet effects of sugar on your smile

The sugar plum fairies are hard at work

You won't develop a cavity from an extra slice of pie, but you might be surprised to learn just how much sugar is in it. Be mindful this holiday season as you pass the pudding around.



[Holiday Sugar Shock](#)

Give yourself the gift of good oral health

Celebrate the season of giving by gifting yourself a healthy smile. Here are a few holiday tooth traps to avoid to keep your smile merry and bright.



[5 Holiday Tooth Traps to Avoid](#)



Tooth Fairy Tip

Eating poorly and indulging in holiday sweets can impact your health and immune system. In fact, the average adult gets 2-3 colds each year. Get tips for keeping your smile healthy when you're sick: [youtube.com/watch?v=p5HbzJZlemc](https://www.youtube.com/watch?v=p5HbzJZlemc)

YOUR OPINION MATTERS

Complete this brief survey
to let us know how we can
provide your company more
great health tips for 2022
and beyond.

