

# Healthy Smile, Happy Life.

Oral health is directly linked to overall health. When our mouths, gums or teeth aren't healthy, our bodies may be more susceptible to other serious conditions. LifeSmile from Delta Dental is an oral wellness program that can help you prevent disease and keep you and your family on the path toward great dental health. It's a simple truth: Healthy smile, happy life.



## Your LifeSmile Benefits Include

- Online Self-Assessments
- Newsletters & Reminders
- Educational Materials
- Online Library of Dental Health Topics

## LifeSmile Topics Include

- Oral Health and Overall Wellness
- Pregnancy and Oral Wellness
- Infant and Child Oral Health
- Managing Periodontal Disease
- Brushing and Flossing
- Fluoride for Adults and Children
- Teeth Grinding
- Sensitivity and Pain
- Dental Visit Anxiety
- Managing Sugar
- Oral Cancer Risks
- And Much More



Keeping your smile healthy is the first step in keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark [deltadentalazblog.com](https://deltadentalazblog.com). And learn more about all your employee LifeSmile benefits at [DeltaDentalAZ.com](https://DeltaDentalAZ.com).