

# Healthy Smiles, Happy Employees

## How to Integrate LifeSmile into Your Existing Employee Wellness Program

LifeSmile from Delta Dental can help your employees stay on the path toward better overall health and higher productivity, while helping you target specific behaviors, groups, and individuals to create more opportunities for potential savings.

LifeSmile programmatic material can be incorporated into your company's existing wellness program and customized to your goals:

- If your workplace offers weekly health challenges, incorporate a "2 minute/2 times a day" brushing challenge one week.
- Share sugar-free recipes on company intranet or social media accounts.
- Provide rewards for a dental wellness quiz contest at your next staff meeting or wellness event.
- Employee health fairs are a great time to encourage employees to take the online dental risk assessment.
- Distribute dentist reminders to employees whose babies are celebrating their first birthdays.
- Encourage employees to share success stories of reaching oral health goals on your intranet or social media.
- Provide LifeSmile smoking cessation materials where remaining smokers congregate.
- Have a healthy smile "selfie" contest where employees guess which smile belongs to whom.
- Provide mouthguard educational materials to staff at sports day events and at the beginning of each school year.

### *Want more ideas or need hands-on help?*

Our LifeSmile program managers and wellness champions can help you assess and plan a schedule of content and activities structured to help you achieve your employee wellness goals. All it takes is a quick questionnaire to help our team identify educational opportunities for your employees.



It's like an oral health support system. LifeSmile provides your employees with gentle reminders and helpful touch points all year long.

## LifeSmile

Healthy employees can create considerable healthcare savings, and are more likely to stay with your company longer. LifeSmile makes it easier for your employees to improve and maintain good oral health. That's the kind of support you can only expect from America's leading dental benefits provider with the largest network of dentists, Delta Dental, the oral health experts.