



MEMBER MATTERS

Helping you get the most out of your coverage



TIME FOR A NEW DENTIST?

A fresh year brings new beginnings! Whether you're new to Delta Dental, recently moved or started a new job with new benefits, you might be searching for a new dentist.

To make the most of your dental benefits, choosing a [Delta Dental of Arizona network dentist](#) is key. Our network dentists agree to predetermined fees—often at a discounted rate—so you can enjoy quality care that costs less.

Finding the right dentist doesn't have to be tricky. We'll help you navigate your options so you can start the year with confidence and a healthy smile!

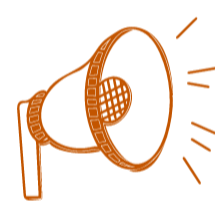
[Learn More](#)

THE 28 DAY WELLNESS CHALLENGE

Your oral, overall and emotional health are all connected—and small changes can make a big difference! Join our 28-day challenge to build habits, with weekly goals to support your overall well-being.

<h3>WEEK 1</h3> <p>ORAL HEALTH</p> <p>Daily Goal: Brush twice daily for two minutes with fluoride toothpaste, and floss once.</p>	<h3>WEEK 2</h3> <p>BETTER SLEEP</p> <p>Daily Goal: Avoid screentime at least one hour before bed.</p>
<h3>WEEK 3</h3> <p>IMPROVED NUTRITION</p> <p>Daily Goal: Your week 1-2 goals + eat a fresh fruit and vegetable (or more!) each day.</p>	<h3>WEEK 4</h3> <p>EASE INTO EXERCISE</p> <p>Daily Goal: Your week 1-3 goals + exercise for 20 minutes three to five times this week.</p>

[Start Challenge](#)



Share YOUR Story

How has being a Delta Dental member improved your health, confidence or well-being? We want to hear YOUR story!

[Share Your Story](#)



Sign up for Delta Dental of Arizona's monthly lifestyle newsletter, Healthy Horizons, and receive helpful articles on health and wellness, delicious recipes and other resources to support your overall well-being.

[Sign Up Today](#)

Let us know your thoughts!

We strive to send you emails that you find informative and useful. Your feedback is important, so let us know if we hit the mark. We welcome your suggestions and ideas!

*1. How useful did you find this email?

- Extremely useful
- Very useful
- Somewhat useful
- Not so useful
- Not so useful at all

[Get Feedback](#)

STAY CONNECTED

[BLOG](#)



This email was sent by: %%Member_Busname%%
%%Member_Addr%% %%Member_City%%, %%Member_State%%, %%Member_PostalCode%%, %%Member_Country%%

[Unsubscribe/Update Preferences](#)