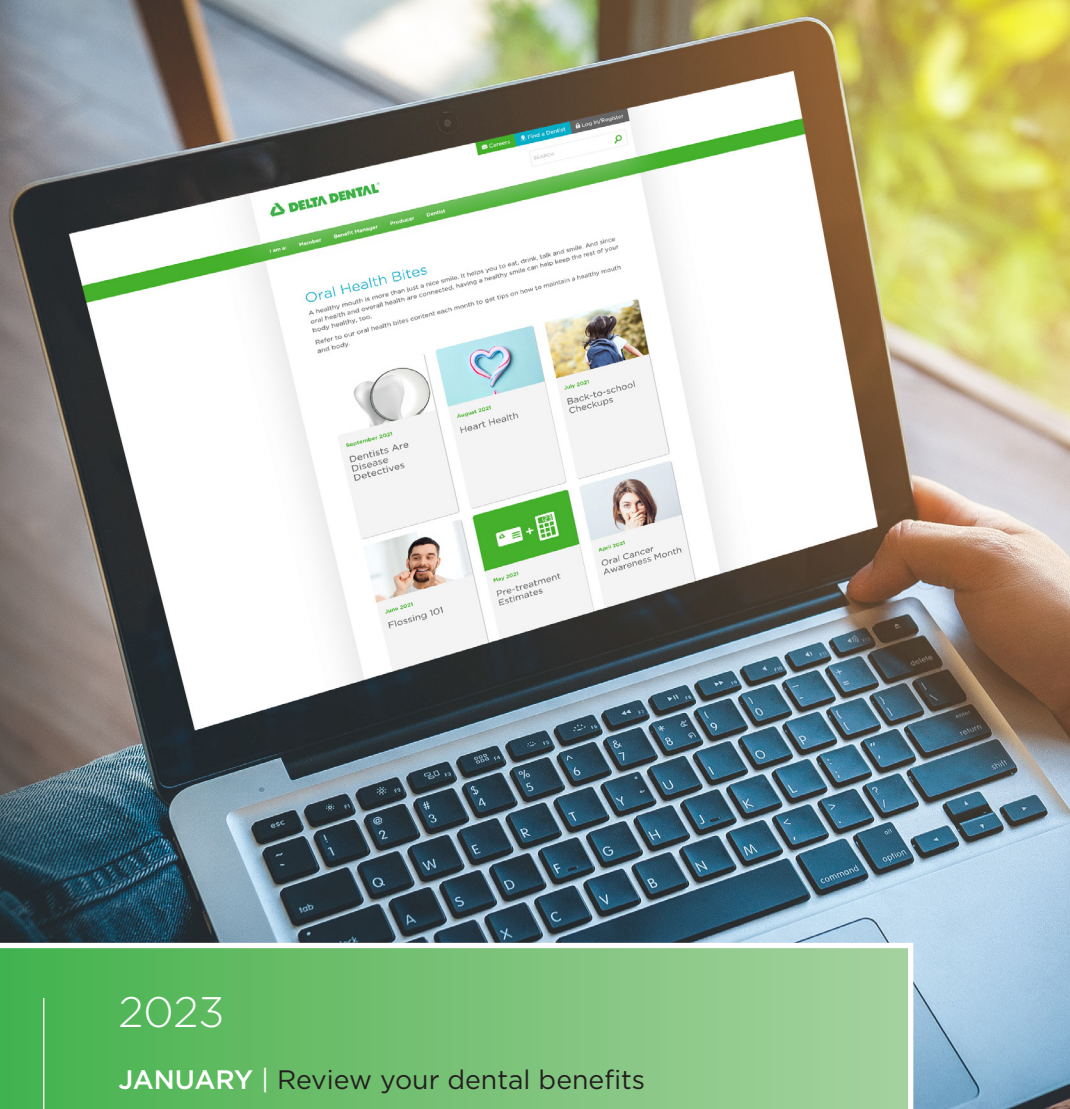


# Oral Health Bites

Monthly oral health tips for a healthy mouth, body and mind



Having a healthy mouth helps you to eat, drink, talk and smile. And since oral health and overall health are connected, a healthy smile can help keep the rest of your body healthy, too.

Refer to our oral health bites each month to get tips on how to maintain a healthy mouth, body and mind.

## 2023

**JANUARY** | Review your dental benefits

**FEBRUARY** | National Children's Dental Health Month

**MARCH** | Staying in network

**APRIL** | Oral Cancer Awareness Month

**MAY** | Member Portal

**JUNE** | Dental benefits explained

**JULY** | Heart health

**AUGUST** | Oral health and caregivers

**SEPTEMBER** | Preventive dental visits

**OCTOBER** | Flossing 101

**NOVEMBER** | American Diabetes Month

**DECEMBER** | Smile-smart resolutions

Delta Dental of Michigan: [www.deltadentalmi.com/oralhealthbites](http://www.deltadentalmi.com/oralhealthbites)

Delta Dental of Ohio: [www.deltadentaloh.com/oralhealthbites](http://www.deltadentaloh.com/oralhealthbites)

Delta Dental of Indiana: [www.deltadentalin.com/oralhealthbites](http://www.deltadentalin.com/oralhealthbites)