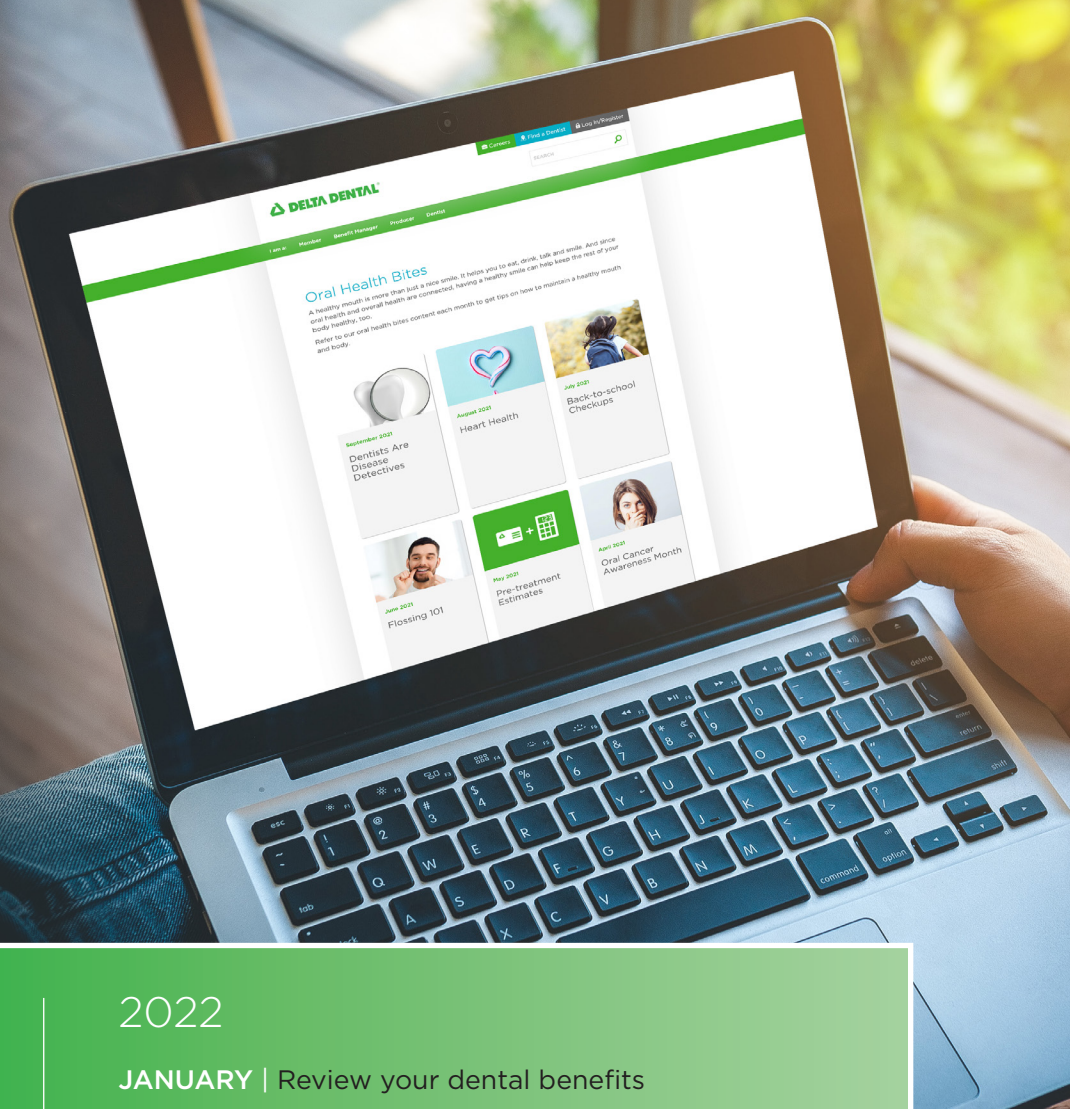


Oral Health Bites

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.

2022

JANUARY | Review your dental benefits

FEBRUARY | National Children's Dental Health Month

MARCH | Dental benefits explained

APRIL | Oral Cancer Awareness Month

MAY | Preventive dental visits

JUNE | Reading an Explanation of Benefits

JULY | Rethink Your Drink

AUGUST | Oral health and caregivers

SEPTEMBER | Staying in network

OCTOBER | Toothbrush truths

NOVEMBER | National Diabetes Month

DECEMBER | Smile-smart snacks

Delta Dental of Michigan: www.deltadentalmi.com/oralhealthbites

Delta Dental of Ohio: www.deltadentaloh.com/oralhealthbites

Delta Dental of Indiana: www.deltadentalin.com/oralhealthbites