



Delta Dental  
of Ohio is proud  
to be **your dental  
benefits provider.**



## Have you scheduled your preventive dental visit?

Regular dental visits can prevent many oral health problems or help identify them earlier when treatment may be simpler and more affordable.

## Get help when you need it.



### Customer service 800-524-0149

Live help is available Monday-Friday,  
8:30 a.m. to 8 p.m. ET.

An automated system is available at  
all other times.

- Eligibility and benefit information
- Claim status
- Find a dentist near you



### Your benefits 24/7 [www.memberportal.com](http://www.memberportal.com)

Utilize our mobile-friendly Member Portal to:

- Review coverage and claims information
- Find a dentist near you
- Access online ID card
- Estimate dental care costs, and more!

Click the "Sign up!" link to register or  
sign in with your username and password.

[www.deltadentaloh.com](http://www.deltadentaloh.com) | 800-524-0149



## Don't Cancel on Your Dentist

Regular dental visits can prevent many oral health problems or help identify them earlier when treatment may be simpler and more affordable.<sup>1</sup>

In fact, every dollar you spend on preventive care, such as brushing and dental cleanings, may save you money later in restorative care and emergency procedures.<sup>2</sup>

### Tips for a healthy smile:

- Find a dentist who makes you comfortable and whose schedule and location are convenient so you keep those appointments! For help, use the dentist search tool on our website.
- Brush twice a day for two minutes each time, and floss daily. This is the best way to fight tooth decay and gum disease.<sup>1</sup>
- Sugary beverages can wreak havoc on your smile, so limit your intake of soda pop and sports and juice drinks. Make water your beverage of choice.

1 American Dental Association, "Common Questions About Going to the Dentist," web. 2 Delta Dental Plans Association, "Stay Healthy and Save Money with Preventive Dental Care," web.

Keeping your smile healthy is an important part of keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral and overall health and wellness, visit Delta Dental's website.