



Its time for a preventive care exam and cleaning

From 2019 to 2020, there was a decline in the percentage of adults with a dental visit according to an April data brief published by the U.S. Centers for Disease Control and Prevention National Center for Health Statistics. And what does that mean, during COVID many people did not visit the dentist for a preventive care appointment.

1. Its easy to schedule an appointment, call your provider today or visit our [find a dentist tool](#) for help locating a dentist close to you.
2. Contact your Delta Dental Client Manager and find out how we can help inform those employees not using their preventive care dental benefits.

Preparing for at home oral health routine.

Let's look at the top three things to do.

1. If nothing else **brushing your teeth twice a day** will help fight off cavities and gum disease. Removing the plaque with your brush removes the sticky film that contains harmful bacteria. The American Dental Association recommends using a toothpaste with fluoride. [Check out their website.](#)
2. We know we are supposed to **floss after meals** because it is crucial in preventing gum disease and periodontitis. Building this habit into your routine will help remove food particles from between teeth where brushing cannot reach. The good news is flossing can be achieved many ways:
 - a. Tiny brushes
 - b. Pointed rubber tips
 - c. Powerful water flushing tools
 - d. Pre-threaded flossers
3. **Mouthwash washes away any particles** left behind from flossing. This way you are ensuring nothing gets left behind in your teeth. Look for the ADA seal of approval, meaning scientific evidence of safety and efficacy has been provided. Remember children under the age of 6 are not recommended to use mouthwash unless directed by a dentist.

For full details on each of these topics [visit the Delta Dental blog.](#)

Our contacts:

Small group (groups with 2 - 99 employees)

Email: SmallGroupTeam@DeltaDentalWA.com

Large group (groups with 100+ employees)

Email: SalesInfo@DeltaDentalWA.com

Or call:

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Your Delta Dental Team



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