

Use it before you lose it



Why you should use your dental benefits before the end of the year

Oral health is vital to overall health, but did you know your dental benefits may not roll over into next year? With the end of the year approaching, there's no better time than now to use your dental benefits if you haven't yet. Here's why you should take this seriously:

1. **Wasted money:** By not using your dental benefits, you are essentially wasting money. By not utilizing them means you're leaving unused resources on the table.
2. **Missed preventive care:** Neglecting regular check-ups and cleanings can result in undetected dental issues that may worsen over time.
3. **Changes in coverage:** Employers may decide to change dental insurance plans from year to year. By maximizing your benefits this year, you ensure that you take full advantage of your current plan.

[Read more here](#)

November is
Diabetes Awareness
Month



How does diabetes affect your oral health?

Diabetes mellitus is a disease that occurs when your body can't properly process and manage blood glucose. The most common way diabetes affects your oral health is by altering your saliva. Your saliva is there to help keep your mouth healthy by washing away food to keep your teeth clean and delivering minerals to vital tissues in your mouth. Diabetes tends to dry the saliva in your mouth, leaving your teeth and gums without an extra line of defense against gum disease and tooth decay. Blood sugar can also show up in your saliva in higher-than-normal amounts, which can lead to plaque and bacterial buildup. [Check out this blog post](#) to learn about specific oral-related issues to watch out for.

[Learn More](#)

We are
grateful for you!



We reflect on our gratitude for YOU

Delta Dental of Washington is grateful to partner with you to revolutionize the oral health industry, ultimately working towards our vision that all people can enjoy good oral and

overall health with no one left behind. We are truly honored that you have put your trust in us to provide quality dental benefits for you and your employees.