



Delta Dental of Washington

The Mouth-Body Connection



Understanding Oral Health's Impact on Overall Wellness

Your oral health is vital for your overall wellbeing. This is because problems in your teeth, gums, tongue, and oral tissues can indicate underlying health issues in other parts of your body. Since your mouth serves as a gateway to your body, maintaining good oral health can have surprising positive effects on other areas of your health. Our [recent article](#) explores the connection between oral health and health throughout the whole body.

Regular preventive dental visits are crucial for maintaining good oral health

The results are clear, as approximately **4 in 5 adults (81%)** who maintained regular dental office visits said they did not require unexpected care in the future.



MySmile®
is a free and easy
way to manage your
dental health online



Your MySmile online member portal provides easy access account provides easy access to useful information like your virtual ID card, coverage estimates, explanations of benefits, member discount program, and claim payment status—all in one place. Take your benefits further with MySmile.

**The benefits of
DeltaCare**



With DeltaCare, you will enjoy high-quality dental services with transparent and predictable costs, eliminating unexpected billing shocks. Outstanding benefits of the DeltaCare Managed Care Plan include:

- Largest Managed Care Dental Plan in Washington State
- No annual deductibles or maximums
- Competitive low prices with affordable orthodontia benefits
- Members are billed flat copays for services and know what the fees are upfront
- Greatest regional coverage of providers across Washington state