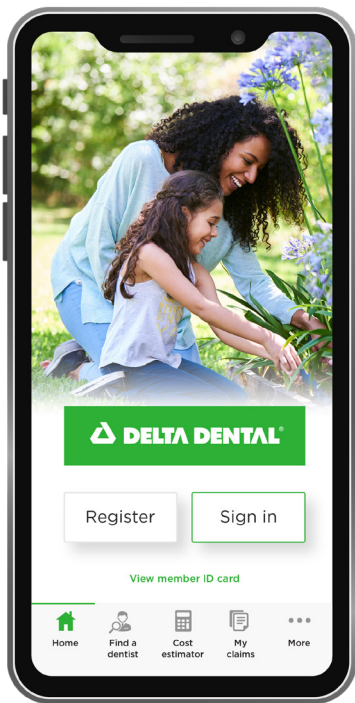








Delta Dental Mobile App

Manage your oral health
anytime, anywhere



Delta Dental Mobile App features

-  Quick and easy access to digital member ID cards — option to save to Apple Wallet or Google Passbook for extra convenience.
-  Look up detailed claims information for your dentist visits over the last 18 months.
-  Review your dental policy coverage details such as deductibles, maximums and other benefits.
-  A dentist search tool that helps members quickly find an in-network provider nearby.
-  Save preferred dentists for quick access when making appointments.
-  Our easy-to-use Dental Care Cost Estimator tool provides estimated cost ranges for common dental care needs (not available in all geographic areas).

Getting started

Members must first be registered for the Delta Dental of Massachusetts secure, [member portal](#). Once registered for the portal, members will use the same username and password to register and login to the mobile app.



SCAN TO DOWNLOAD
DELTA DENTAL MOBILE APP

The Delta Dental Mobile App is optimized for iOS (Apple) and Android devices. To download our app on your device, visit the App Store (Apple) or Google Play (Android) and search for Delta Dental Mobile App. Or, scan the QR code at the left. You will need an internet connection in order to download and use most features of our free app.

Please note information displayed may vary based on your particular coverage. For more information on your coverage, contact your Delta Dental company. "Delta Dental" refers to the national network of 39 independent Delta Dental companies that provide dental benefits and is a registered trademark of Delta Dental Plans Association.

A healthy smile for life!



You can prevent oral health problems

What is gum disease?

- Periodontal disease is an infection of your gums and jawbone.
- Gingivitis is an infection in your gums.

Gum disease

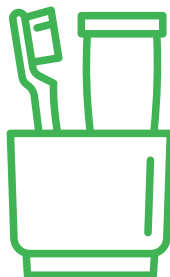
- Gets worse if not properly treated.
- Can be passed on to other family members.
- Can appear without symptoms so people may not know they have it.
- May affect the outcomes of other diseases, such as diabetes and heart disease.
- May lead to premature birth in pregnant women.

How is gum disease treated?

- A deep cleaning by your dentist to remove the bacteria that is damaging your gums.
- Prescription mouth rinse or fluoride toothpaste, or other medicine to use at home.
- Some people may need gum surgery.

Stay healthy after treatment for gum disease

- Floss daily.
- Brush twice a day.
- Visit your dentist regularly for oral exams and cleanings.
- Use at-home products your dentist recommends.
- Do not chew or smoke tobacco.



What causes cavities?

- Bacteria in your mouth.
- Frequent snacking and sipping sugary drinks.
- Not cleaning your teeth well.

Reduce your risk for cavities

- Brush for two minutes, twice a day, with fluoride toothpaste.
- Brush your teeth after eating sugary or starchy foods.
- Floss daily to remove food trapped between teeth.
- Chew Xylitol gum. Studies show that Xylitol, an all-natural sweetener, reduces cavity-causing bacteria in the mouth.

Protect your children's teeth with sealants

- A dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth — usually the back molars — to prevent tooth decay.
- It only takes a dentist or dental hygienist a few minutes to apply sealants.
- Last for 5 years or longer.

Who should get sealants?

- Children when their first molars (ages 6-7) and second molars (ages 12-13) emerge.