

Take the Challenge

deltadentalins.com/challenge



Assess your risk. Our risk assessment tool gives you an oral health score that you can share with your dentist at your next visit.

Test your habits. Are you at risk for cavities or gum disease? Take our interactive quizzes to find out.

Expand your knowledge. Read articles or view short videos on dental health-related topics, from acid reflux to x-rays. Get tips for preventive care, tooth-friendly recipes and more!

Stay connected. Keep in touch with us for dental health articles and fun facts:

- Sign up for *Grin!*, our dental wellness e-magazine
- Follow us on Facebook, Twitter and Google Plus

The SmileWay® Challenge: 6 easy steps.

Empower yourself with oral health tips and tricks! By taking the SmileWay Challenge, you'll learn about everything from braces to gum disease in six easy steps.

1. Assess your risk using our dentist-approved tool
2. Take the cavity and gum disease quizzes
3. Read at least three dental health articles
4. Watch at least three dental health videos
5. Follow Delta Dental on social media
6. Subscribe to the wellness e-magazine *Grin!*



Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of the District of Columbia — DC, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, FL, GA, LA, MS, MT, NV, TX and UT.

Delta Dental of California, Delta Dental of New York, Inc., Delta Dental of Pennsylvania, Delta Dental Insurance Company and our affiliated companies form one of the nation's largest dental benefits delivery systems, covering 34.5 million enrollees. All of our companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to 73 million people in the U.S.



We keep you smiling®
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