



# Stay Healthy and Save Money with Preventive Care



## Poor oral health costs time and money

The key to better oral health is preventive care. That's why Delta Dental of Minnesota, along with your dentist, encourage regular dental visits to check for early signs of dental issues and to reinforce preventive care practices at home, like brushing and flossing. Dental insurance usually covers cleanings and exams at 100 percent so you can get important preventive care at no additional cost.



**U.S. children** miss more than **51 million hours of school** each year due to dental related illnesses.



**Among adults**, more than **164 million work hours** are lost each year because of dental problems.

For every dollar spent on preventive care—including brushing and flossing at home as well as regular dental cleaning and exams—patients may save hundreds or even thousands for more extensive procedures to treat gum disease or infections.



BRUSH  
2 MINUTES/  
TWICE DAILY



FLOSS  
YOUR TEETH  
EVERY DAY



DRINK  
WATER WITH  
FLUORIDE



EAT  
HEALTHY  
FOODS



SEE YOUR  
DENTIST  
REGULARLY



ASK YOUR  
DENTIST ABOUT  
SEALANTS

Learn more about how your oral health connects to your overall health at: [DeltaDentalMN.org](http://DeltaDentalMN.org)

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