



# Don't Let Your Smile Stress You Out!

It's easy to get overwhelmed in this fast-paced world. We get it. But keeping up with the small things can help you avoid some of life's biggest stressors.

## Take your oral health, for example.

No one wants bad breath or bleeding gums (or worse). Small actions like brushing twice a day, flossing and seeing a dentist regularly can keep your smile healthy and help you avoid additional time in the dental chair.

Plus, every dollar you spend on preventive care, like brushing and dental cleanings, may save you money later in restorative care and emergency procedures.<sup>1</sup>



# Finding the right fit

If you work nights or weekends, scheduling a dentist appointment can be tough. But some dentists work different hours, too, and Delta Dental's Find a Dentist tool can help you find them.

Available online 24/7, the Find a Dentist tool lets you search for dentists in your network that are conveniently located and have hours that work for you. Try it out:

## Step 1

Visit [www.deltadentalmi.com](http://www.deltadentalmi.com), and click **Find a Dentist** on the top right of the page. Then select **Delta Dental PPO™** and **Delta Dental Premier®**.

## Step 2

Choose a specialty (if necessary) and **Delta Dental PPO Plus Premier**, then click **Find Dentists**.

## Step 3

Within your search parameters, select the **More options** drop-down on the right. This lets you narrow your search for dentists available during early, evening or weekend hours.

You work hard for your money. Help keep more of it in your pocket by enrolling in your company's dental benefits package, administered by Delta Dental.

