



# The Value of Dental Insurance





Your oral health is connected to your overall health. Researchers have uncovered links between gum disease and systemic health, including associations with heart disease and strokes. That's why it's so important to make dental care a priority — it can help you and your family live healthier.

- ▶ **People with dental insurance are more likely to visit the dentist office regularly.**
- ▶ **Patients receiving regular preventive care have better oral health.**
- ▶ **Dental insurance often covers 100% of preventive care.**

### Facts...

- Tooth decay is the single most common chronic childhood disease.
- If you have cavity-causing germs in your mouth, you can pass them to your baby.
- More than 120 diseases can cause specific signs and symptoms in and around the mouth and jaw. A dental provider doing regular check-ups can help spot these potential problems.

### ...and Figures

- 23% of all adults have untreated tooth decay.
- More than half of U.S. children ages 5 to 9 have at least one cavity or filling.
- One out of every two American adults age 30 or older has periodontal disease.
- Dental disease causes employed adults to lose more than 164 million hours of work a year.
- In Colorado, dental disease costs taxpayers an estimated \$1 billion annually.



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Use the Find a Dentist search tool at [deltadentalco.com](https://deltadentalco.com)

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Call 1-800-610-0201  
7:30 a.m. to 5 p.m. MT  
Monday-Friday

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Download the free Delta Dental mobile app for iPhone or Android

## **Fact: Nearly 100% of oral disease is preventable.**

Routine exams allow your dental provider to get to know you and follow your health history. Providers are able to catch and treat potential problems early when they see their patients on a routine basis. Invest in your future — make dental care a priority.

## **Fact: Healthy habits lead to healthy smiles.**

What does “healthy living” really mean? Diet, exercise, and plenty of rest are major components of a healthy lifestyle, but other healthy habits include:

- Visiting your dentist regularly.
- Brushing and flossing at least twice a day.
- Making nutritious food choices.
- Sharing your medical conditions with your dental provider.



► **By choosing a Delta Dental PPO™ provider, you will save the most money on out-of-pocket expenses!**





# Contact Us

Visit us at [deltadentalco.com](http://deltadentalco.com) to:

- Find a provider
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**Customer Service**  
Toll-free: 1-800-610-0201  
Monday-Friday 7:30 a.m. to 5 p.m.  
Email: [customer\\_service@ddpco.com](mailto:customer_service@ddpco.com)

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## Spreading smiles across Colorado

We give our more than **1.3 million members** the power to use and manage their dental benefits easily. Through our innovative plans, large provider network, and expert customer service, we make dental care accessible, affordable, and simple, leading to a healthier smile and life. And through our foundation and corporate social responsibility initiatives, we are active in the community and giving to organizations that support our mission and helping expand access to quality dental care. Creating healthy Colorado smiles is what drives us.



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