



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 Nebraska, 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 U.S. 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



The Power of Smile™
Learn more about how your oral health connects to your overall health at:
DeltaDentalNE.org



Delta Dental of Nebraska