

Boost your dental IQ with *Grin!*



Packed with informative articles, fun facts and tasty recipes, *Grin!* e-magazine is the perfect way to boost your dental health IQ. Sign up, and you'll get a new issue delivered by email every season. **Here are five great reasons to sign up.**

- 1 Get advice on oral health questions submitted by readers like you..
- 2 Try new, tooth-friendly recipes like stuffed butternut squash and berry ice cream.
- 3 Learn how popular trends like intermittent fasting and essential oils can effect your oral health.
- 4 Be the first to hear about fascinating developments in dental technology.
- 5 Empower yourself with information on all kinds of dental conditions, from cavities to cracked teeth.

Check it out in English and Spanish!
grin.deltadentalins.com

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