

Oral Health Bites

Monthly oral health tips for a healthy mouth, body and mind



Having a healthy mouth helps you to eat, drink, talk and smile. And since oral health and overall health are connected, a healthy smile can help keep the rest of your body healthy, too.

Refer to our oral health bites each month to get tips on how to maintain a healthy mouth, body and mind.

2021

JANUARY | Refreshed benefits

FEBRUARY | National Children's Dental Health Month

MARCH | Finding a dentist

APRIL | Oral Cancer Awareness Month

MAY | Pre-treatment estimates

JUNE | Flossing 101

JULY | Back-to-school checkups

AUGUST | Heart health

SEPTEMBER | Dentists are disease detectives

OCTOBER | Sweet treats

NOVEMBER | National Diabetes Month

DECEMBER | Getting your LifeSmile™ Score

Delta Dental of Ohio: www.deltadentaloh.com/oralhealthbites