Welcome to the SmileWay Wellness Program

Take the SmileWay Challenge, a fun way to learn how to improve your dental health. In this program, you manage your level of participation because it’s: Your smile. Your health. Your way.

Delta Dental’s new SmileWay Wellness Program provides a fun and interactive way for you to increase your dental health knowledge. By participating in the program, you can learn good oral health habits to help you and your family avoid pricey and painful dental problems. And because there is a known link between oral and overall health, you may find you are healthier overall.

The SmileWay Challenge provides recommendations for how to participate in the program by taking advantage of the extensive resources available on our SmileWay Wellness site.
The SmileWay® Wellness Challenge

1. Review your habits
Take one or both of our interactive quizzes to see if you are at risk for cavities or gum (periodontal) disease. When you receive your quiz results, you can sign up to receive customized emails based on your risk level.

2. Get educated
Read any of the 100+ articles on dental health-related topics — everything from acid reflux to x-rays. We also have a variety of short videos on specific topics.

3. Stay informed
Receive regular dental health tips and information from us by:
- following us on Twitter
- connecting with us on Facebook
- signing up for our e-newsletter (sent to your email box six times a year)

All of this is accessible from our SmileWay Wellness site at mysmileway.com. Bookmark the page so you can refer to it frequently.

Simple ways to participate in the Challenge

- Take the cavity quiz: deltadentalins.com/oral_health/dental-cavity-quiz/
- Take the gum (periodontal) quiz: deltadentalins.com/oral_health/gum-disease-quiz
- Read 3 dental health articles: deltadentalins.com/oral_health/index-all.html
- Watch 3 dental health video clips: deltadentalins.com/oral_health/videos.html
- Visit our children’s website and take the cavity quiz or play a game: mysmilekids.com
- Like us on Facebook: facebook.com/deltadentalins
- Follow us on Twitter: twitter.com/deltadentalins
- Subscribe to the SmileWay Wellness e-newsletter: go.deltadentalins.com/SU-DentalWire.html