

# So you want a healthy smile

Call 877-277-7281 and talk to a health coach today!

Did you know that problems with your mouth, such as tooth infections, can cause the rest of your body to get sick, too? If you have problems with your teeth or gums, it's hard to know where to start. You might not even feel like going to a dentist. We can help you take action. Calling a Moda Dental Care health coach is free and confidential – you might even be eligible for a free gift. Our dental health coaches will listen to your concerns and walk you through your treatment options, so that you can decide what is best for you.

## When you call, you will:

- Work one-on-one with a coach by phone or email
- Set your own health goals
- Create an action plan
- Find a dentist, if you do not already have one
- Decide when to meet and how many sessions to have with your coach
- Get support between dentist visits
- Learn how to use tools like our risk assessment and treatment cost calculator
- Find resources about your specific needs

## Your coach will help you:

- Learn how gum (periodontal) disease affects you
- Understand the dental procedures you might have
- Start new habits for a healthier mouth
- Understand how the health of your mouth affects your overall health, especially if you have diabetes or another chronic condition

## Questions?

We're here to help. Call us toll-free at 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). TTY users, please call 711.



Delta Dental of Oregon & Alaska

[deltadentalor.com](http://deltadentalor.com)

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