



# Your online resources from Delta Dental

Welcome to Delta Dental! Want to make the most of your dental plan? With easy-to-use online tools, everything you need to take care of your oral health is at your fingertips. It doesn't matter whether you're at home or on the go. Sign up for an online account at [deltadentalins.com](https://deltadentalins.com) to get quick access to your plan details, review your coverage and find an in-network dentist who meets your needs and schedule.

Once you're at the dental office, show your ID card on your phone to check in.

After your appointment, check how much you owe your dentist. Or, download your claim statements for your records. Go paperless to reduce clutter and save time. With this secure option, there's no need to wait for snail mail!

With a variety of wellness resources, you can find more ways to protect your teeth. Wondering if you're at risk for gum disease, cavities or oral cancer? Try a personalized assessment. You'll learn your score for a variety of dental risks – and can discuss with your dentist at your next visit.

And that's not all. Discover short videos and fun articles on dental health. Expand your cooking repertoire with tasty, healthy recipes.

Take charge of your dental health with Delta Dental.

Let's shine together!

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California in California; Delta Dental of the District of Columbia in the District of Columbia; Delta Dental of Pennsylvania in Pennsylvania and Maryland; Delta Dental of West Virginia, Inc. in West Virginia; Delta Dental of Delaware, Inc. in Delaware; Delta Dental of New York, Inc. in New York; and Delta Dental Insurance Company in Alabama, the District of Columbia, Florida, Georgia, Louisiana, Mississippi, Montana, Nevada, Texas and Utah.