



# Welcome to LifeSmile<sup>SM</sup>

Delta Dental of Virginia's LifeSmile program helps you maintain your best oral health through education, risk assessment and communication. And it is the newest addition to your employee wellness program.

LifeSmile is an oral health risk-assessment that asks questions about your oral health habits, dental visits and other behaviors. The tool then combines this data with your oral treatment history and the presence of certain medical conditions and calculates a score that reflects your risk of potential oral health issues.

LifeSmile then uses targeted messaging to close gaps in your oral health care and to help improve oral and overall health outcomes.

To get started, log into [DeltaDentalVA.com](https://www.DeltaDentalVA.com), click "LifeSmile Assessment" on the left side and follow the steps to complete the assessment. The assessment is free, easy and you will learn your score immediately. Scores are kept confidential, so we recommend you print your report in order to have a conversation with your dentist. It's a great way to be proactive with your oral health!

Congratulations on taking the first step toward improved oral health!



Delta Dental helps you stay healthy

When families have dental benefits, they are almost twice as likely to get the preventive dental care needed to stay healthy.

With most Delta Dental plans, preventive care, such as exams, cleanings and X-rays, are covered at 100%.

Keeping your smile healthy is not just about your appearance — oral health is a critical component of your overall health.

Delta Dental of Virginia