It’s easy to print an ID card! Simply follow these steps:

1. Go to deltadentalins.com.
2. Log in to Online Services with your username and password. (If you don’t already have a username or password, click the “Register Today” link to complete the quick registration process.)
3. Once you’ve logged in, select “My ID Card” on the left-hand side of the page.
4. Click “Print.”

More ways to go paperless!

Help the environment and enjoy the convenience of accessing your dental benefits statements online anytime. Sign up to receive email notification and discontinue your mailed statements.

It’s simple to sign up. Go to deltadentalins.com/paperless.

1. Sign in to Online Services with your username and password.
2. Click the My Profile tab.
3. Go to the bottom of the Edit Profile section and select the Online with Email Alerts button. Press Save.
Why do 60 million enrollees trust their smiles to Delta Dental?*

- More dentists
- Simpler process
- Less out-of-pocket

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

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:
   a. signing up for the Grin! newsletter (emailed quarterly)
   b. connecting with us on Facebook
   c. following us on Twitter

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

**Questions about oral health?**

If you’ve got questions about oral health, be sure to check out our SmileWay Wellness Site for answers. We’ve compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

**Mouth-body connection**
- Diabetes and oral health
- Heart disease and oral health
- Men’s and Women’s oral health
- Stress and oral health

**Preventive care**
- Brushing and flossing
- Choosing a toothbrush
- Fighting bad breath
- Fluoride

**Emergency care**
- Dental care when traveling
- Handling dental emergencies

**Kids & teens**
- Baby bottle tooth decay
- Children’s oral health
- Teens’ oral health

**Seniors**
- Dentures
- Seniors’ oral health

**Dental treatments**
- Amalgam and resin fillings
- Braces
- Dental implants
- Sealants

**Conditions**
- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ

**Nutrition**
- Diet and diabetes
- Snacking on the go
- Vegetarians
- What to eat to keep your teeth healthy

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*Delta Dental of California, Delta Dental of Pennsylvania and Delta Dental Insurance Company, together with our affiliate companies and Delta Dental of New York, are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to more than 59 million people in the U.S.