

healthy choices



live well. be well.

DRINK MORE WATER

One of the **7** major group of nutrients. • About **60%** of your body is made of water

Water is essential for every cell in the body to function correctly. Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.

Benefits of drinking water

Getting enough water every day is important for health. Drinking water can prevent dehydration, which may cause unclear thinking, mood change, overheating, constipation, and kidney stones. Water has no calories, so replacing sugary drinks with plain water can help reduce caloric intake.

Water helps your body:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of waste through urination, perspiration, and bowel movements.

Your body needs more water when you are:

Daily water intake recommendations vary by age, sex, pregnancy status, activity level, and breastfeeding status. Daily water intake is mostly from water and other beverages. Foods, especially those with high water content such as many fruits and vegetables, can also add to fluid intake.

Tips to drink more water

- Carry a reusable water bottle with you.
- Freeze water in freezer-safe bottles for ice-cold water all day.
- Choose water over sugary drinks.
- Opt for water when eating out.
- Serve water during meals.
- Add a wedge of lime or lemon to your water.

The smallest of changes in what you drink each day can make a big difference in your overall health. Start by drinking one cup of water a day.

You Deserve a Healthy Smile

Schedule your preventive dental exam today.

Protect your smile

Oral wellness is the foundation for overall health, so regular visits to the dentist for checkups and cleanings are fundamental to making your smile last and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are important to make sure your teeth and gums stay healthy. And if problems do occur, they'll be easier to treat.

Mouth or Jaw Pain?

See your dentist right away if:

- Gums bleed often or pull away from your teeth.
- Teeth are loose or separating.
- You see red or white patches on gums, tongue, or mouth floor.
- Mouth or jaw pain persists.
- Mouth sores don't heal in two weeks.
- You have problems swallowing or chewing.

Procedure and treatment terms

Basic Cleaning: A routine professional teeth cleaning to remove plaque build-up, tartar, and stains. This is a regularly scheduled preventative treatment for individuals with healthy gum tissue. **2 per year**

Prophylaxis: A dental cleaning that consists of the removal of plaque, stains, and calculus by scaling and polishing. **2 per year**

Bitewing: Single X-ray that shows upper and lower teeth (from crown to about the level of the supporting bone) in a select area on the same film to check for decay in-between teeth. **2 per year**

Full Mouth X-ray: A series of X-rays includes approximately 20 X-rays, including four bitewing X-rays and periapical X-rays of each tooth. Full-mouth X-rays are often performed when a patient is new to a dental office. **1 per year**

Periapical X-ray: This X-ray image shows an entire tooth or teeth including the crown, root, and the area around where the tooth attaches to the jawbone. Its primary purpose is to find abnormal changes in the surrounding bone and root area of teeth. **As required**



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