

ACSIG/EDGE DENTAL NEWSLETTER: SPRING 2021

Tips for a healthier home

Rinse your toothbrush before and after each use to reduce the amount of bacteria on it. When you store your it, don't let the head of your brush touch other items, like another toothbrush.

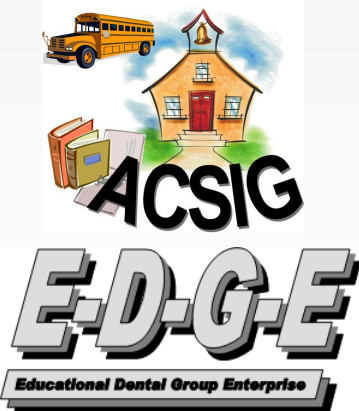
Avoid sharing toothbrushes, straws, utensils and cups. These items gather bacteria when they touch our mouths. Sharing them allows bacteria to travel from one mouth to another, potentially causing tooth decay.

Clean and disinfect items you touch frequently, including your toothbrush handle and holder, shower curtains, switches, faucets, doorknobs, phones and keyboards. Germs from these can make their way into your body when you touch your face.

Clean your mouthguard, clear aligner, retainer or dentures daily to remove food and bacteria. This can help prevent oral health problems, including gum disease, infection, mouth sores and bad breath.

Don't clean pacifiers with your mouth, which could spread germs to your child. It's better to rinse them with water instead.

Read the full article at: <https://www.deltadental.com/grinmag/us/en/ddins/2020/winter/on-topic-healthy-home.html>



Connect with a dentist from home with Toothpic and Delta Dental – Virtual Consult



If you don't have time or ability to see the dentist in person, virtual dentistry (or teledentistry) can help. Two options are available: Toothpic and Virtual Consult. This technology gives you access to Delta Dental dentists who can address your dental concerns and provide a consultation virtually and securely – anytime and anywhere.

These new tools are available as part of the current plan benefits to members covered by PPO and Premier plans. There's no extra cost for using these tools, but visits will count toward diagnostic exam frequencies and coverage limitations may apply. They're just a new way for Delta Dental members to use their existing benefits with Delta Dental dentists.

For non-urgent care questions, members can use Toothpic. Toothpic is a photo-based app that allows Delta Dental dentists to perform virtual screenings. It's perfect for Delta Dental members who want a dental checkup without an appointment. With Toothpic, members can:

- Get evaluations on their own schedule by simply answering a few questions and submitting pictures of their mouth, teeth and gums.
- Receive a personalized report from a Delta Dental dentist within 24 hours.
- Check in for diagnoses on areas of concern and get advice for follow-up steps.
- These services count toward member's annual diagnostic exam frequency.

Access Toothpic at: <https://deltadental.toothpic.com>



For urgent oral care needs, members can use Virtual Consult. Virtual Consult is a video-based virtual appointment tool for members who want to speak directly with a Delta Dental dentist. The dentist will speak to you about your needs and concerns, guide you through an exam of your mouth and can even prescribe medication if necessary.

With Virtual Consult, members can:

- Schedule and have real-time video appointments with Delta Dental dentists without leaving home.
- Have quick consultations on urgent issues, even if they don't have a dentist they see regularly.
- Get an e-prescription and aftercare instructions for pain or infection.
- These services count toward member's annual diagnostic exam frequency.

Access Virtual Consult at: <https://deltadentalvirtualconsult.com>

Read the full article at: <https://www1.deltadentalins.com/members/virtual-dentistry.html>



Did you know? Gum disease – and not the aging process – is the leading cause of tooth loss in adults? Good oral health habits and a healthy lifestyle can help you keep your gums healthy and your smile bright for a lifetime. Developing a simple daily routine of brushing, flossing and eating a balanced diet with plenty of fruits and vegetables is important regardless of age.