

# Take the Challenge

Improve your dental health knowledge



**Assess your risk.** Our risk assessment tool gives you an oral health score that you can share with your dentist at your next visit.

**Test your habits.** Are you at risk for cavities or gum disease? Take our interactive quizzes to find out.

**Expand your knowledge.** Read articles or watch short videos on dental health-related topics, from acid reflux to x-rays. Get tips for preventive care, tooth-friendly recipes and more!

**Stay connected.** Keep in touch for dental health articles and fun facts:

- Sign up for *Grin!*, a free dental wellness e-magazine
- Follow Delta Dental on Facebook, Twitter and Instagram

## The SmileWay® Challenge: 6 easy steps.

Empower yourself with oral health tips and tricks! By taking the SmileWay Challenge, you'll learn about everything from braces to gum disease in six easy steps.

1. Assess your risk using our dentist-approved tool.
2. Take the cavity and gum disease quizzes.
3. Read at least three dental health articles.
4. Watch at least three dental health videos.
5. Follow Delta Dental on social media.
6. Subscribe to *Grin!*, our wellness e-magazine.



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