How to print an ID card

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, click the “Eligibility & Benefits” tab.
4. Select “Print ID Card” on the left-hand side of the page. (If you do not see this option, in some instances you may also need to click on the “Eligibility & Benefits” link on the left-hand side of the page before you have the option to select “Print an ID Card.”)
5. 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 link.
3. Go to the Preferences section and select the Online with Email Alerts button. Press Submit.
Find all of our dental health resources, including risk assessment quizzes, articles, videos and a free newsletter subscription, at: mysmileway.com.

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 SmileWay Wellness Newsletter (sent to your email box six times a year)
   b. connecting with us on Facebook
   c. following us on Twitter
   All of this is accessible from our SmileWay Wellness site at mysmileway.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
  - Dental cleanings
  - Fighting bad breath
  - Fluoride
  - Choosing and caring for your toothbrush

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

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

- **Seniors**
  - Dental care of Alzheimer’s patients
  - Dentures
  - Seniors’ oral health

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

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