

Good oral health contributes to better overall health.



 **DELTA DENTAL**[®]

Northeast Delta Dental

True story! When your mouth, gums or teeth aren't healthy, your body may be more susceptible to serious disease. That's why Northeast Delta Dental and Tufts Health Freedom Plan have joined forces. We're collaborating to help all of our members set a foundation for an active, healthy lifestyle, and to improve their medical and oral health.

Studies have shown that people with better oral health are more likely to have a healthy heart and circulatory system, avoid pre-term births, and have lower risk for complications from diabetes and other chronic conditions.

The easiest way to find a dentist—if you don't already have one—is to visit our website at **www.nedelta.com**. Just click on the "Find A Dentist" link on the left side of our homepage and get started.

If you need to find a primary care provider, go to **www.thfp.com** and click on "Find a Doctor, Hospital and more".

It's that easy.

Healthy teeth, healthy body, healthy life!