

# How to print an ID card



We'll do whatever it takes and then some.

## You don't need an ID card to receive services

When visiting your Delta Dental or DeltaCare® USA dentist, simply provide your name, date of birth and social security or enrollee identification number. The dental office can use that information to verify your eligibility and benefits.

1. Go to **www.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 e-mail notification and discontinue your mailed statements.

It's simple to sign up. Go to **www.deltadentalins.com**.

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 E-mail Alerts** button. Press **Submit**.

## WE KEEP YOU SMILING®

Why do 54 million enrollees trust their smiles to Delta Dental?

- More dentists
- Simpler process
- Less out-of-pocket

## Free Newsletter

Get the latest in oral health with *Dental Wire*, our bi-monthly e-mail newsletter. Sign up at: [deltadentalins.com/oral\\_health](http://deltadentalins.com/oral_health)

[www.deltadentalins.com](http://www.deltadentalins.com)

Delta Dental Premier® and Delta Dental PPO<sup>SM</sup> are underwritten by Delta Dental Insurance Company in AL, DC, FL, GA, LA, MS, MT, NV and UT and by not-for-profit dental service companies in these states: CA – Delta Dental of California; PA, MD – Delta Dental of Pennsylvania; NY – Delta Dental of New York; DE – Delta Dental of Delaware; WV – Delta Dental of West Virginia. In Texas, Delta Dental Insurance Company provides a Dental Provider Organization (DPO) plan.

DeltaCare® USA is underwritten in these states by these entities: AL – Alpha Dental of Alabama, Inc.; AZ – Alpha Dental of Arizona, Inc.; CA – Delta Dental of California; AR, CO, IA, ME, MI, NC, NH, OK, OR, RI, SC, SD, WA, WI, WY – Dentegra Insurance Company; NH and VT – Dentegra Insurance Company of New England; AK, CT, DE, FL, GA, KS, LA, MS, MT, TN, WV and Washington, D.C. – Delta Dental Insurance Company; HI, ID, IL, IN, KY, MD, MO, NJ, OH, TX – Alpha Dental Programs, Inc.; NV – Alpha Dental of Nevada, Inc.; UT – Alpha Dental of Utah, Inc.; NM – Alpha Dental of New Mexico, Inc.; NY – Delta Dental of New York; PA – Delta Dental of Pennsylvania. Delta Dental Insurance Company acts as the DeltaCare USA administrator in all these states. These companies are financially responsible for their own products.

## How healthy is your smile? Take our online quizzes to find out!



Visit the Oral Health & Wellness section on [www.deltadentalins.com](http://www.deltadentalins.com) to take the following quizzes:

- Dental Cavity Quiz
- Gum Disease Quiz

## Questions about oral health?

If you've got questions about oral health, be sure to check out our website at [www.deltadentalins.com](http://www.deltadentalins.com) for answers.

To help you and your family keep your smiles healthy, 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 oral health
- Oral cancer
- Osteoporosis
- Pregnancy and oral health
- Stress and oral health
- Tobacco use and oral health

### Preventive Care

- Brushing and flossing
- Dental cleanings
- Fighting bad breath
- Fluoride
- Nutrition and oral health
- 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
- Eating disorders
- Teens' oral health

### Seniors

- Dental care of Alzheimer's patients
- Dentures
- Seniors' oral health

### Dental Treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Dental x-rays
- Sealants

### Conditions

- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ