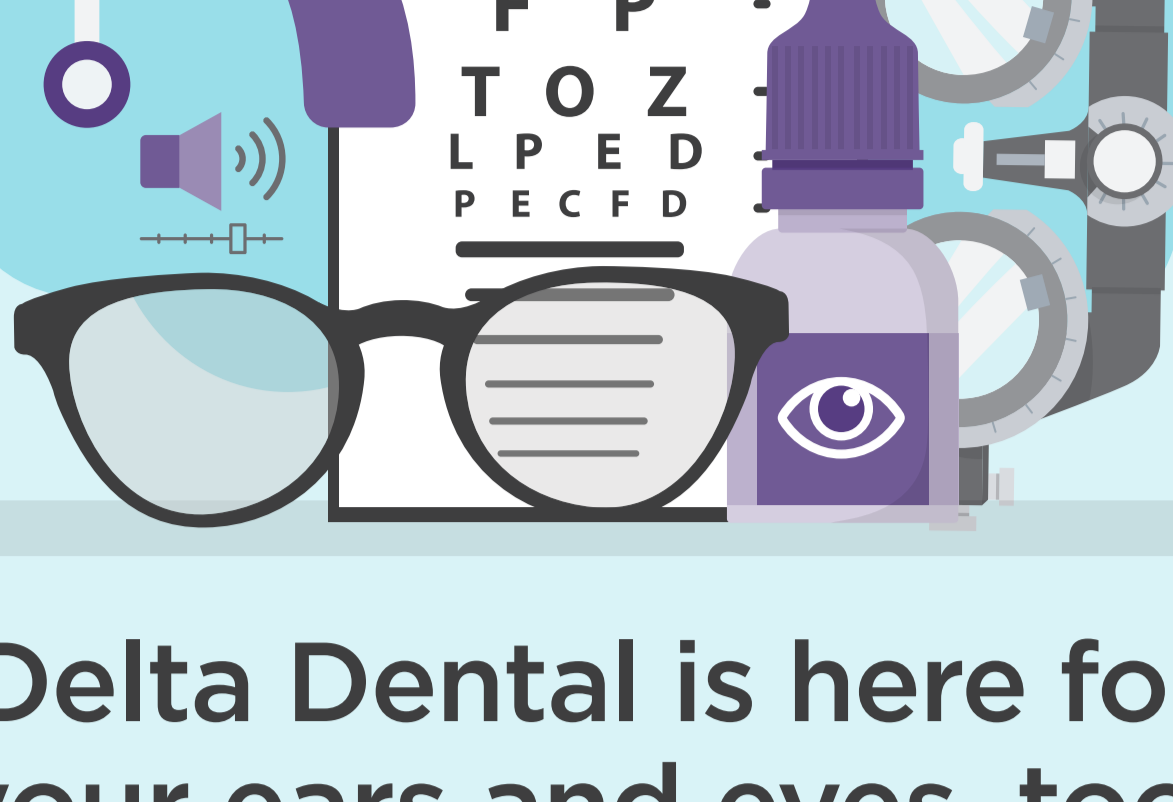


THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

BETTER HEARING AND HEALTHY VISION MONTH



Delta Dental is here for your ears and eyes, too!

Just like your oral health, your hearing and vision play big roles in your overall health. Each system is important for comfort and enjoyment in everyday life, plus offers healthcare providers an inside look at what else might be going on in your body.

Understanding Hearing Loss

More than 40 million Americans are affected by hearing loss. Could you be one of them? Hearing loss can come on so gradually that you may not even notice it's happening. In general, you should have your hearing screened every 3 to 5 years, and tested annually if you are over the age of 50 or experiencing any of the following:



- Consistent exposure to loud noises
- Difficulty understanding in noisy environments or in groups
- Hearing mumbling or feeling as though people are not speaking clearly
- Ringing in your ears



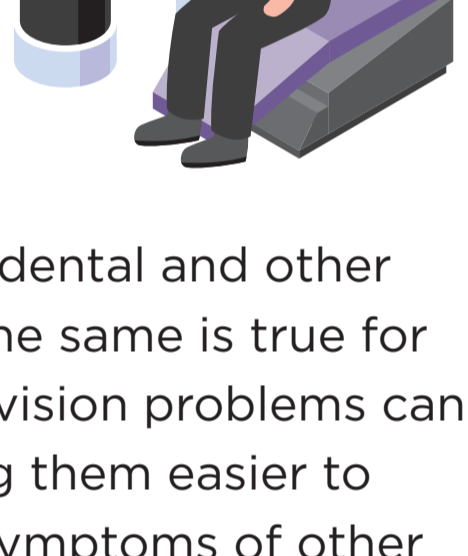
Not having any hearing trouble?

Remember to use hearing protection in noisy environments to help keep it that way!

FREE Amplifon Hearing Benefit

All Delta Dental of Arkansas members are eligible to receive the Amplifon Hearing Benefit at no cost! The program includes access to more than 5,500 provider locations nationwide, 40% off hearing testing through a network provider, and discount hearing aids from the world's leading brands.

Learn more about the Amplifon Hearing Benefit



Keep a Close Eye on Vision Health

Your dentist can see early signs of dental and other problems during a routine exam. The same is true for regular eye exams. Many common vision problems can be detected in early stages, making them easier to treat with less risk to your vision. Symptoms of other serious issues, like heart disease and some cancers, can also be detected. Just like regular dental visits, it's important to receive annual eye exams.



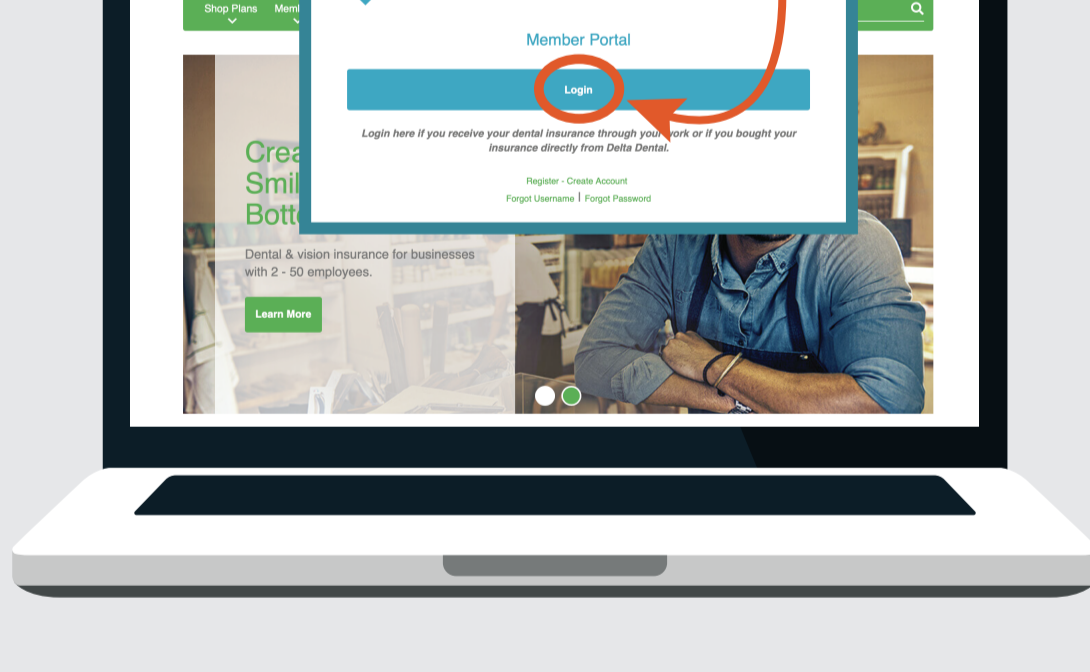
Vision Coverage by DeltaVision

Did you know? Delta Dental of Arkansas also offers affordable vision coverage through SuperiorVision's nationwide network of eyecare providers. With vision coverage, you'll receive annual eye exams at little to no cost, so you can stay on top of your vision health.



Find out how to add vision coverage to your plan

QUICK BITES

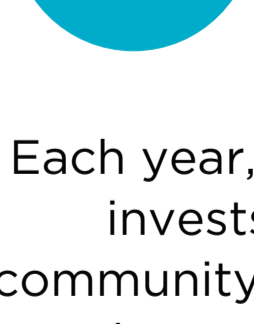


Paper forms? No, thank you.

The Delta Dental online Member Portal is the fastest, easiest and most convenient way to check all things dental insurance. View and print your ID cards, verify your dentist's in-network participation, and determine a claim status – the information is available whenever you need it.



Have you created your online account yet? Give it a try.

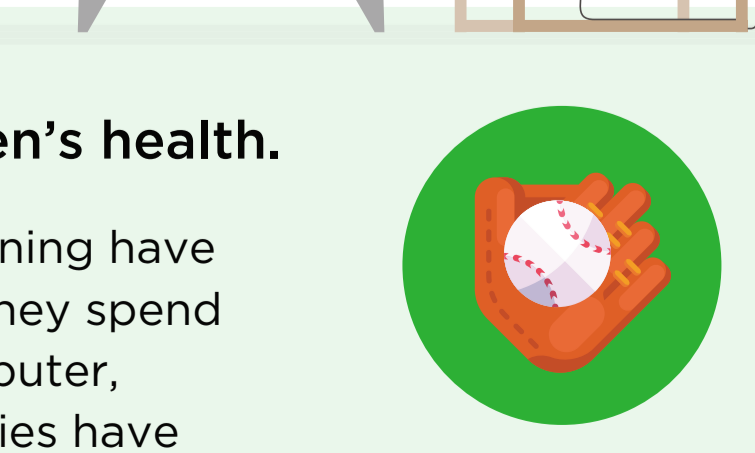


Well done, keep up the excellent work.

Each year, the Delta Dental of Arkansas Foundation invests more than \$1.5 million into Arkansas community organizations and non-profits to improve the oral health of the state's most vulnerable populations. We like to tell their stories on Facebook and Instagram. Follow along to discover how our grant recipients bring healthy smiles to low-income, underserved, uninsured Arkansans.

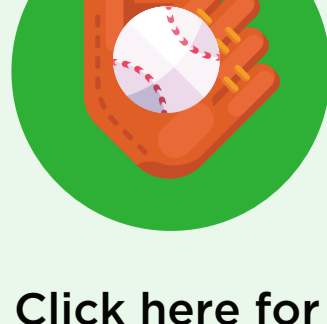
Follow along to learn more

Summertime and the livin' is...dangerous?



It can be to your children's health.

Technology and air conditioning have driven kids indoors, where they spend a lot of time in front of computer, phone and TV screens. Studies have linked summer inactivity to weight gain among children. They are also more likely to indulge in cavity-causing snacks like ice cream, candy and sodas and pay less attention to daily flossing and brushing.



Click here for tips and ideas on keeping your kids active and healthy over summer break.