

DELTA DENTAL

HDS
Hawaii Dental Service



Invest in your health today.



A HEALTHY SMILE SUPPORTS A HEALTHY LIFE.

A bright, strong smile is more than just a confidence booster—it's essential for your overall health. When you take care of your mouth, you're not just protecting your teeth and gums, but also your entire body.

Research has shown that poor oral health is linked to serious conditions like heart disease, stroke, and diabetes. Regular dental visits, brushing twice daily, flossing, and eating a balanced diet can help reduce your risk of these chronic health issues. Keep your smile healthy, and you'll be supporting your overall wellness for years to come.

Care for your smile after dental procedures

Routine dental care after various procedures like crowns, root canals, or extractions is crucial because your teeth and tissues may be more susceptible to damage or infection. Be sure to follow your dentist's instructions for keeping the affected area clean and keep your dentist informed of any severe pain or infection that develops.

See your dentist twice a year for an exam and cleaning. It's covered!

Did you know your EUTF plan with HDS covers semi-annual exams and cleanings at 100%? Take advantage of your dental plan and schedule a visit with your dentist today.



Need help finding a dentist?

Find an HDS participating dentist at **HawaiiDentalService.com/EUTF**. Click "Find a Dentist" and search for nearby dentists by zip code or island name. Select a dentist and call the number provided to schedule an appointment.

Questions? Contact Us.

Call (808) 529-9310 or toll-free at 1-866- 02-3883, Monday through Friday, 7:30 AM to 6 PM. Access your account online at **HawaiiDentalService.com/EUTF**.

