



BENEFITS BROADCAST

Helping you promote health & wellness in the workplace

FEATURED BLOG



A well-rested team is a productive team. Quality sleep fuels focus, energy and overall health, while poor sleep can lead to fatigue and long-term health risks. Help your employees tackle their goals and stay on top of their health by promoting better sleep habits.

[Learn More](#)

FEATURED VIDEO



What is an ANNUAL MAXIMUM?

A new year means a fresh start for dental benefits! Make sure your employees understand their annual maximum and how to use it wisely to maintain their oral health.

[Watch Now](#)

DID YOU KNOW?

The tradition of New Year's resolutions dates back to 153 B.C.



Sticking to resolutions can be tough, but the right strategies can make all the difference. Share these 4 simple tips with your employees to help them set achievable goals and stay on track.

[Share Insights](#)

BENEFITS TIP



Want a way to reward your employees and strengthen your vision benefits? We have the solution with our DeltaVision® add-on benefits, One & Sun™! Ask your account manager for more information about how you can offer DeltaVision or add this benefit to your vision plan at renewal!

[Download Now](#)

We have you covered!

Check out the latest **Grin!** magazine. We add new articles to the website every month!



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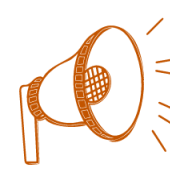


Healthy Horizons

Helping you on your path to wellness

Sign up for Delta Dental of Arizona's monthly lifestyle newsletter, Healthy Horizons, and receive helpful articles on health and wellness, delicious recipes and other resources to support your overall well-being.

[Sign Up](#)



Share YOUR story

How has being a Delta Dental employer improved your employees' health, confidence or well-being? We want to hear YOUR story!

[Share Your Story](#)



Want to learn more about our impact in the community?

For 50 years Delta Dental of Arizona has insured healthy smiles across the state. To learn more about how we've worked to improve health equity and increase access to care, we invite you to sign up for Delta Dental of Arizona Foundation's quarterly newsletter, *The Smile Report!*

[Sign Up](#)

Let us know your thoughts!

We strive to send you emails that you find informative and useful. Your feedback is important, so let us know if we hit the mark. We welcome your suggestions and ideas!

*1. How useful did you find this email?

- Extremely useful
- Very useful
- Somewhat useful
- Not so useful
- Not so useful at all

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