JANUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	NEW YEAR'S EVE 31	AFFORDABLE CARE ACT HEALTH COVERAGE STARTS 1	2	3	4
5	SMILE TIP: Use a powered or soft-bristled toothbrush for best results 6	7	8	9	10	11
12	13	14	HEALTH TIP: Get your annual vision and physical exams 15	16	17	18
19	MARTIN LUTHER KING, JR. DAY 20	21	22	23	24	HEALTH TIP: Get monthly prescriptions filled 25
26	27	28	29	SMILE TIP: Replace your toothbrush every 3 months 30	31	1

Smile Fact

Improve Your Health

Select plans include discounts on vision, hearing and prescriptions. You can save on more than just your dental health!

The Affordable Care Act - Key Dates to Remember

- October 1, 2013 — Affordable Care Act Exchange Starts
- October 15, 2013 — Medicare Annual Enrollment Starts
- December 7, 2013 — Medicare Annual Enrollment Ends
- December 15, 2013 — Last Day to Enroll for January 1st ACA Coverage
- January 1, 2014 — Affordable Care Act Health Coverage Starts
- March 31, 2014 — Affordable Care Act Exchange Closes

October · November · December · January · February · March

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

Dental Savings are available all year. Join today, start saving tomorrow!**

These plans are not insurance and are not considered to be qualified health plans under the Affordable Care Act.

*All plans come with a free prescription card.
**Plans activate within 1-3 business days.

FEBRUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	SMILE TIP: Warm drinks stain teeth. Brush 2x/day for 2-3 minutes. 1
2	3	HEALTH TIP: Boost your mood with direct or indirect sunlight! 4	5	6	7	8
9	10	11	12	13	VALENTINE'S DAY 14	SMILE TIP: Can't brush after Valentine's treats? Drink water instead. 15
16	PRESIDENTS' DAY 17	18	19	20	21	22
23	HEALTH TIP: Healthy snacking makes you less likely to binge. 24	25	26	27	28	1

Smile Fact

We're Here For You!

Not sure if ACA's plans cover your or your family's dental needs? Call us. We'll help you make sense of it all.

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MARCH 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	**HEALTH TIP:** Substitute healthy ingredients into comfort-food recipes to save calories. 1
2	3	4	ASH WEDNESDAY 5	**SMILE TIP:** Don't forget: Replace your toothbrush every three to four months. 6	7	8
HEALTH TIP: Hugs will fill you up, but not fill you out. Embrace your loved ones. 9	10	11	12	13	14	15
16	ST. PATRICK'S DAY 17	18	19	FIRST DAY OF SPRING 20	21	22
23	24	25	26	27	**SMILE TIP:** Soft or powered toothbrushes are better for your teeth. 28	29
30	ENROLLMENT FOR ACA COVERAGE ENDS 31	1	2	3	4	5

The Affordable Care Exchange Closes March 31st.
Dental Savings are available all year. Join today, start saving tomorrow!**

These plans are not insurance and are not considered to be qualified health plans under the Affordable Care Act.

Smile Fact

Breathe!

The ACA Deadline may be fast approaching, but you can buy an affordable dental plan from us anytime. Call to learn more.

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

**Plans activate within 1-3 business days.

APRIL 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	HEALTH TIP: Warmer weather + longer days=time to start moving. 1	2	3	4	5
6	7	8	9	SMILE TIP: Don't forget to floss! 10	11	12
13	PASSOVER BEGINS AT SUNSET 14	15	16	17	GOOD FRIDAY 18	19
EASTER SUNDAY 20	21	EARTH DAY PASSOVER ENDS AT SUNSET 22	23	24	25	26
27	28	29	SMILE TIP: Encourage kids to brush longer with timers, charts & contests. 30	1	2	3

Smile Fact

Best of all Worlds

DentalPlans.com has the most plans and dentists at the best prices. Visit our website and see.

Keep Smiling Tip

Daily flossing removes plaque, and plaque build up leads to tooth decay and gum disease. Once you start this habit, you won't feel fresh without it. Even young children should floss. Teach them how and be a role model.

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

MAY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	MAY IS VISION MONTH 1	2	3
4	SMILE TIP: Most attractive feature? A great smile. Take care of yours! 5	6	7	8	9	10
MOTHERS' DAY 11	12	HEALTH TIP: Protect your eyes from UVA/UVB rays with sunglasses. 13	14	15	16	17
18	19	20	21	22	HEALTH TIP: Best "eye" foods: leafy veggies, citrus, and fish. 23	24
25	MEMORIAL DAY 26	27	SMILE TIP: Dental health is key to overall health. Resolve & prevent problems. 28	29	30	31

Smile Fact

"Oh...I see!"

Need a discount vision plan? DentalPlans.com has them. Don't be without. Call us to learn more.

Keep Smiling Tip

Take some time to learn about the connection between obtaining and maintaining a healthy mouth and your overall wellness. You will be blown away by the impact that attending to or neglecting your dental health has in both the long- and short-term.

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

JUNE 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	**SMILE TIP:** Best brushing technique: Short, gentle strokes. 4	5	6	7
8	**HEALTH TIP:** Start a garden and reap health, exercise, and nutritional benefits. 9	10	11	12	13	FLAG DAY 14
FATHERS' DAY 15	16	17	18	19	**SMILE TIP:** Prevent gum disease by using mouthwash. 20	FIRST DAY OF SUMMER 21
22	23	24	25	**HEALTH TIP:** Use your lunch break to eat healthfully and take a brisk walk. 26	27	28
29	30	1	2	3	4	5

Smile Fact

Save Your Money... And Your Teeth!

A Dental Savings Plan can save you between 10 and 60% on dental care procedures, including checkups, cleanings and more. Call us today.

Keep Smiling Tip

When it comes to brushing, remember: twice a day, two-to-three minutes each time, soft bristles, and short, gentle strokes. Pay particularly close attention to your gum line and those hard-to-reach back teeth.

DentalPlans.com

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JULY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	HEALTH TIP: Summer means heat: Stay hydrated! 1	2	3	4	5
6	7	8	9	10	11	12
HEALTH TIP: Outside= Sunscreen. Wear it daily. 13	14	15	16	17	INDEPENDENCE DAY 18	19
20	21	22	23	24	25	SMILE TIP: Wash BBQ food off your teeth with water. 26
27	SMILE TIP: Celery, carrots, and apples help keep teeth clean. 28	29	30	31	1	2

Smile Fact

Summer Means... Dentist?

It's actually a great time to go...before back-to-school and other fall commitments. Avoid waits and encourage better habits by scheduling your visit. No dentist? Too expensive? Call us for help.

Keep Smiling Tip

Nothing says summer like chicken, ribs, corn on the cob, and ice cream. And most people don't bring a toothbrush to a barbecue. A temporary remedy? Water and certain foods (cheese, citrus, leafy veggies) that remove dangerous particles from your teeth. Include them.

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

AUGUST 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	**HEALTH TIP:** Bikes? Skateboards? Wear helmets every time! 1	2
3	4	5	6	**SMILE TIP:** Sports drinks? No. Water? Yes. 7	8	9
10	**HEALTH TIP:** Always swim with a buddy...watch children! 11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	**SMILE TIP:** Vacation? Keep up with your dental care. 27	28	29	30
31	1	2	3	4	5	6

Keep Smiling Tip

Do not fall prey to the so-called benefits of sports and energy drinks; they do more harm than good. Opt instead for water. It's free, often has fluoride, and is essential to dental and overall health.

Smile Fact

Health restrictions? No way!

Almost everyone has some kind of health issue, but that shouldn't keep you from getting affordable dental care. We know you need it and we never discriminate. Call us today.

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

SEPTEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	LABOR DAY 1	HEALTH TIP: Back to school=Stress. Find ways to relax. 2	3	4	5	6
7	8	9	10	SMILE TIP: Pack smile-healthy lunches: include water, apples, and carrots. 11	12	13
14	HEALTH TIP: Be "backpack smart." Wide straps, both arms. 15	16	17	18	19	20
FIRST DAY OF FALL 21	22	23	24	ROSH HASHANAH 25	26	27
28	29	30	SMILE TIP: Protect fall athletes with mouth guards. 1	2	3	4

Smile Fact

Don't Contribute to This Scary Stat

Kids lose 51 MILLION school hours each year as a result of illnesses related to dental problems. Stay on schedule for bi-annual checkups and cleanings, and avoid future issues. Call us today.

Keep Smiling Tip

Protect student-athletes' smiles with mouth guards. These prevent accidents and harmful grinding and can be purchased in sporting goods stores or (better) can be custom-made by your dentist. Ask yours for details.

DentalPlans.com

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OCTOBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	WORLD SMILE DAY 3	YOM KIPPUR 4
5	HEALTH TIP: Smile! It relieves stress and makes your happier! 6	7	8	9	10	11
12	COLUMBUS DAY 13	14	15	SMILE TIP: Moderate sweets: Your kids' and YOURS. 16	17	18
19	20	HEALTH TIP: Get happy! Belly laughs reduce anxiety and depression. 21	22	23	24	25
26	27	28	SMILE TIP: Halloween= Candy. No better time to step up oral care. 29	30	HALLOWEEN 31	1

Smile Fact

Dental Emergency?
No insurance? We got you.

Call us and we'll find you an affordable Dental Savings Plan in minutes so that you can make an appointment fast. DentalPlans.com is here for you.

Keep Smiling Tip

Halloween is something to smile about...and, as it happens, World Smile Day is also this month. So make sure this Halloween is a safe and happy one with moderation, an awareness of the biggest dental offenders (general rule: the stickier, the worse), and putting forth your best dental-care effort.

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Let us help! Call us today at 1-855-326-0562

NOVEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	HEALTH TIP: Snack before holiday meals and avoid stuffing yourself. 28	29	30	1	2
2	3	4	5	SMILE TIP: Eat sweets along with, not after, the meal. 6	7	8
9	10	VETERANS' DAY 11	12	13	14	15
16	17	18	19	20	21	HEALTH TIP: Sip water as you dine and rinse away harmful bacteria. 22
23	24	25	SMILE TIP: Love turkey? Take off the skin and cholesterol. 26	THANKSGIVING 27	28	29
30	1	2	3	4	5	6

Keep Smiling Tip

Eat sweets during, rather than after the meal and sip water throughout to keep harmful bacteria at bay. A healthy smile? Now that's something to be grateful for!

Smile Fact

Thanksgiving can mean a full plate...in every way

So avoid the holiday stress by knowing your family is healthy safe. Call DentalPlans.com and within minutes, we will connect you with an affordable plan that works for you.

DentalPlans.com

Let us help! Call us today at 1-855-326-0562

DECEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	CYBER MONDAY 1	2	3	4	HEALTH TIP: Get your zzzzzs and keep your health. 5	6
7	8	9	10	SMILE TIP: Say cheese! For pictures and healthy teeth. 11	12	13
14	15	SMILE TIP: Days off mean more time. Brush and floss thoroughly. 16	FIRST DAY OF CHANUKAH 17	18	19	20
FIRST DAY OF WINTER 21	22	23	LAST DAY OF CHANUKAH 24	CHRISTMAS 25	KWANZAA BEGINS 26	27
28	29	HEALTH TIP: Being careful with the alcohol is safe and heart healthy. 30	NEW YEAR'S EVE 31	KWANZAA ENDS 1	2	3

Smile Fact

A great resolution is taking better care of your health...

and that includes your oral health. Establish better habits and see a great dentist. Don't have one? Can't afford it? Yes, you can. Call us and see.

Keep Smiling Tip

Certain foods can protect your teeth during holiday indulgences. Include cheese (yup), yogurt, oily fishes, citrus fruits, and leafy greens, in your meals and you'll be picture ready!

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