



## **Delta Dental Mobile App: Keeping You Connected Wherever, Whenever**

Staying connected to your dental benefits is important. And, for many of us, our phones and tablets offer the easiest link to information about the world around us. That's why Delta Dental launched its mobile app – to give you another way to access your dental benefits.

Whether you haven't downloaded the app yet or need a refresher on the bells and whistles, we cover the most important details about the Delta Dental Mobile App in our quick FAQ below.

### **How Do I Download the App?**

The Delta Dental Mobile App may be downloaded on both Apple (iPhone) and Android devices. Download the app on your phone or tablet by clicking on the App Store (if you have an Apple device) or Google Play (if you're using Android) and enter "Delta Dental" in the search field.

### **Does the App Cost Money to Download?**

No, the Delta Dental app is free. You will not be charged a fee to download the app or any recurring charges to use it.

### **Do I Have to Set up a New Username and Password for the Mobile App?**

No, you will use the same username and password that you use when logging in to your member account on the Delta Dental of Iowa website. If you haven't set up your member account on the website yet, you can set it up on the mobile app or on the website. You can also retrieve a forgotten password or username on the mobile app or website – whichever you prefer.

### **What Can I Access in the Delta Dental Mobile App?**

Key benefits of the Delta Dental Mobile App include:

- **Mobile ID card:** Did you arrive at your dentist's office only to discover that you left your dental insurance card at home? No problem. Show your mobile ID card to the front desk staff, and they can process your benefits just as easily.
- **Find and save your preferred dentists:** You can easily search for in-network dentists near you in the app. You can also save dentists and easily access clinic contact information, making it easier for you to find the right provider for you and your family.

- **Dental Care Cost Estimator:** The Dental Care Cost Estimator tool shows estimated cost ranges for common dental treatments offered by dentists near you. If you have a specific dentist in mind, you can get even more specific estimates to help eliminate billing surprises.

None of your personal health information is ever stored on the mobile app, so you can have the peace of mind of knowing that your health history is protected. You will also need to enter your username and password each time you would like to access a secure area of the mobile app.

## **Stuffed Butternut Squash Ingredient Spotlight**

This stuffed butternut squash recipe contains several nutrients that support your oral and overall health. Each ingredient below has a long list of health benefits, but here are the highlights.

**Butternut squash:** Contains calcium, phosphorus and vitamins A and C, nutrients that play a huge role in teeth and gum health.

**Quinoa:** Boasts a high fiber content and is linked to lowered diabetes risk. Researchers have found strong links between diabetes and gum disease.

**Kale:** Dark leafy green veggies like kale are packed with vitamins A and C, which support your teeth and gums.

**Chickpeas:** This legume boasts phosphorus and folic acid, two nutrients that help keep teeth strong.

**Cranberries:** Fresh cranberries can help ward off the bad bacteria that likes to stick onto teeth and gums, leading to cavities and gum disease. However, be careful about dried cranberries, which can contain a lot of added sugar and wipe out the health benefits.

### **Ingredients:**

2 medium butternut squash, cut in half and seeds scooped out

2 tablespoons olive oil

Kosher salt, to taste

Black pepper, to taste

1½ cups chicken broth

¾ cup uncooked quinoa

1 bunch kale, chopped with stems removed

2 cloves garlic, minced

1 teaspoon dried oregano

⅓ cup fresh cranberries

15 ounces canned chickpeas, rinsed

Zest of 1 orange

1 tablespoon orange juice

Parmesan cheese, grated

**Directions:**

1. Heat oven to 425 F. Cover a baking sheet with foil or parchment paper and lay the butternut squash on top with the cut side up. Drizzle 1 tablespoon olive oil on the squash and sprinkle with salt and pepper. Bake 45 to 55 minutes until the squash is tender (you can tell if it's tender by inserting a fork into the flesh; if the fork comes out easily, it's done). Set the squash aside to fully cool down. Reduce the oven temperature to 375 F.
2. While the squash is baking, bring the chicken broth to a boil in a small saucepan, then add quinoa. Once boiling again, reduce the heat to low, cover and simmer for 12 minutes. Remove the pot from heat and let it sit covered for 15 minutes.
3. Heat 1 tablespoon olive oil over medium heat in a large skillet. Add the kale to the skillet and cook for 4 minutes until wilted, then reduce heat to medium low. Mix in garlic, oregano, salt and pepper. Cook 30 seconds until fragrant. Stir in cooked quinoa, cranberries, chickpeas, orange zest and orange juice until everything is incorporated.
4. Scoop the filling into the squash halves. You may need to remove some of the flesh from the cooled squash to make room for the filling. Once filled, place on a baking sheet and bake for 10 minutes. You may sprinkle the tops with cheese shortly before removing from the oven or shortly after you take them out. Serve warm and savor the flavors of fall!

**SOURCES:**

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