



PRESENTED BY  DELTA DENTAL®

## Hey Sounders FC Kids Club Member, Show us your healthy smile!

To make it into major league soccer, your body and smile need to be healthy.

Here are some tips to keep you and your smile healthy:

- Drink water. Sugary soda and sports drinks are bad for your teeth.
- Always wear a mouth guard on the field.
- Snack on healthy, smile-friendly fruits, veggies, and cheese.
- Brush twice a day and floss daily. Flossing cleans between your teeth where your toothbrush can't reach.
- Visit the dentist regularly.
- Get out and play! Sitting around is boring.

Here's how you can get a free **WINNING SMILES PRIZE PACK**:

1. Bring this form with you to your next dentist visit.
2. Ask your dentist to sign at the bottom.
3. Have a parent or guardian fill out the information below and send it back to us.
4. Look for your free WINNING SMILES PRIZE PACK in the mail in 3-4 weeks.

Dentist Name: \_\_\_\_\_ Your Name: \_\_\_\_\_

Dentist Signature: \_\_\_\_\_ Your Parent's Name: \_\_\_\_\_

Date Visited: \_\_\_\_\_ Your Address: \_\_\_\_\_

Dentist Location: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Return Signed Forms to:  
Sounders FC Kids Club Healthy  
Smiles Delta Dental of Washington  
400 Fairview Ave N, Suite 800  
Seattle, WA 98109-5371

Or Scan and Email to:  
ToothFairy@DeltaDentalWA.com  
Subject line: Sounders FC Kids Club

\*Winning Smiles Prize Packs available through January 1, 2020. Personal information will be kept private . U.S. Residents only.

SOUNDERSKID-0401