

POCKET GUIDE

The word "HOW" is written in a bold, green, sans-serif font. A small registered trademark symbol (®) is located at the top right of the letter "W". The text is centered within a white rectangular area that is framed by a thick, dark blue border. The top-right corner of the border is rounded and curves inward, resembling a page tab.

HOW[®]

HEALTH *through*
ORAL WELLNESS[®]

The Delta Dental logo consists of a white triangle icon with a stylized 'D' shape inside, followed by the words "DELTA DENTAL" in a bold, white, sans-serif font. The entire logo is set against a solid green rectangular background.

 **DELTA DENTAL**[®]

Northeast Delta Dental

Welcome to the Health *through* Oral Wellness® (HOW®) program!

A healthy mouth is part of a healthy life, and Northeast Delta Dental's innovative **Health *through* Oral Wellness® [HOW®]** program works with your existing dental benefits to help you achieve and maintain better oral wellness. **HOW®** is all about YOU because it's based on your own specific oral health risk and needs. Best of all, it's secure, confidential, and absolutely **FREE**.



To make it easy for you to learn all about the Health *through* Oral Wellness® Program, we encourage you to visit the website

HealthThroughOralWellness.com

and watch the short video there. This video tells you a lot about the program.

READY TO BE PART OF HOW®?

HOW®
**SMILE
COACH**



INSTRUCTIONS FOR THE PATIENT



HEALTH *through*
ORAL WELLNESS[®]

Here's how to get started...



1. REGISTER

Go to HealthThroughOralWellness.com
and click on “Register Now”

2. KNOW YOUR SCORE

1

2

3

4

5

After you register, please take the free oral health risk assessment by clicking on “Free Assessment” in the **Know Your Score** section of the website

3. SHARE YOUR SCORE WITH YOUR DENTIST

The next step is to share your results with your dentist at your next dental visit

- Your dentist can discuss your results with you and perform a clinical version of the assessment
- Based on your risk, as shown on your clinical assessment, you may be eligible for additional preventive benefits at no cost!*

**Additional preventive benefits are subject to the provisions of your Northeast Delta Dental policy. Only the clinical risk assessment performed by your dentist can determine your eligibility for additional preventive benefits.*

INSTRUCTIONS FOR THE DENTIST ON OTHER SIDE

(DETACH AND SHARE WITH YOUR DENTIST)

INSTRUCTIONS FOR THE DENTIST



HEALTH *through*
ORAL WELLNESS[®]

Getting started is quick and easy—you can perform this assessment on your patients immediately!

1. Go to nedelta.com/Providers, log into Benefit Lookup, click on the HOW registration link, and follow the on-screen instructions
2. Click “Find my Practice Information,” select the dentist and location from the list, and click “Submit.” Please note that a separate registration is required for each practice location
3. Complete the required fields and click “Register”
4. You will receive an email from PreViser advising you to complete and validate your registration by visiting previser.com/free and selecting “My Account”

To learn how to maximize the value of using this important tool, please view the training videos from PreViser University on their website at previser.com/free.

If you have questions or are unable to locate the dentist information you entered, please call Northeast Delta Dental's Professional Relations department at 1-800-537-1715.

**Additional preventive benefits are subject to the provisions of your patient's Northeast Delta Dental policy*

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Do you know how important your oral health is to your overall health?

- Periodontal disease is an inflammation of the gums that can lead to infection and the eventual breakdown of the bones, gums, and connective tissue that support your teeth. Periodontal disease can also have a negative impact on diabetes and cardiovascular disease, and can lead to pre-term, low birth-weight babies.
- Oral cancer is particularly dangerous because in its early stages it may not be noticed by the patient, as it can frequently progress without producing pain or other symptoms. Left untreated, oral cancer can lead to serious medical complications and even death.
- Tooth decay is damage that occurs when bacteria in your mouth makes acids that eat away at your teeth, which can result in a hole in a tooth (called a cavity) that can lead to a painful toothache, infection, and tooth loss.





Good oral health is important at all stages of your life.

You've got access to valuable resources for oral health and much more. Learn all about the life stages of oral health and what type of preventive measures you can take to ensure optimal wellness.

Flip this Pocket Guide over for quick oral health tips for all stages of life. To learn more, go to HealthThroughOralWellness.com.