

POCKET GUIDE



HEALTH *through*
ORAL WELLNESS®



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?



HERE'S HOW TO GET STARTED...



1. REGISTER

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

2. KNOW YOUR SCORE



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.*

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.

To learn more, go to [**HealthThroughOralWellness.com**](https://HealthThroughOralWellness.com).



BABY BASICS

Even though they have fewer teeth—or none at all, for a while—babies require the same attention to oral health as adults.

SMALL BITES



DO clean your baby's gums and teeth from birth.



DO take your child to the dentist by age one, or six months after the first tooth comes in.



DON'T wash a pacifier with your own mouth.



DON'T give milk, juice, or other sugary drinks at nap time or bedtime.



KIDDING AROUND

Even though it can be hard to get young kids to slow down, it's important to make time for oral hygiene. Starting good habits now will set the stage for a lifetime of healthy smiles.

SMALL BITES



DO supervise your child's brushing until age 8 and flossing until age 10.

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DO take your child to the orthodontist by age 7.



DO discuss sealants with your child's dentist as the permanent molars come in.



DON'T forget that healthy meals and snacks are the key to good oral health.



TEEN TEETH

With extra care and some gentle reminders, a teen's oral health will be in great shape for the college years and beyond.

SMALL BITES



DO keep an eye out to make sure your teen is maintaining good oral health habits.



DO buy sugar-free gum if your teen chews gum.



DO keep healthy snacks on hand for hungry teens.



DON'T stock up on sodas and sports drinks for your teen.



YOUNG ADULT CARE

With newfound independence comes newfound responsibility in tip-top shape during the young adult years.

SMALL BITES



DO continue to see your dentist on a regular basis.



DO learn how to manage your stress levels.



DO be extra aware of oral health changes during pregnancy.



DON'T engage in behaviors such as smoking or excessively drinking alcohol.



MIDLIFE MATTERS

Taking a few preventive measures in your 40s and 50s can have a big impact on good oral health into your golden years.

SMALL BITES



DO remember to take care of yourself even when you're busy taking care of others.



DO be aware of your oral cancer risk and get regular screenings.



DO know that people with diabetes or heart disease are more likely to have gum disease.



DON'T forget that you need extra calcium to keep your teeth and bones strong.



THE GOLDEN YEARS

An increase in age doesn't have to mean a decrease in good oral health.

SMALL BITES



DO continue to brush twice a day and floss daily.



DO increase calcium intake to maintain good bone health.



DO discuss your options if you need to replace teeth.



DO get screened for oral cancer and other dental diseases.

INSTRUCTIONS FOR THE PATIENT



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INSTRUCTIONS FOR THE DENTIST ON NEXT PAGE

(SHARE WITH YOUR DENTIST)

INSTRUCTIONS FOR THE DENTIST



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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*