



**HEALTH** *through*  
**ORAL WELLNESS**<sup>®</sup>

## Welcome to HOW!

Northeast Delta Dental's Health through Oral Wellness<sup>®</sup> [HOW<sup>®</sup>] program is a comprehensive, patient-centered wellness program designed to help members maintain optimal oral health through education, risk assessment, and evidence-based models of care. It is based on a philosophy of patient-centered oral health, which targets benefits to those who need them most. Patients at greater risk for oral diseases or medical complications related to oral health will be eligible for enhanced preventive benefits.

Oral health is an important part of good overall health. The HOW program can help you achieve optimal oral health. Here's how HOW works:

### REGISTER FOR FREE

The HOW program begins by registering for free at [HealthThroughOralWellness.com](http://HealthThroughOralWellness.com). Simply click on REGISTER NOW about halfway down the page to get started (see Figure 1). Registration is free and secure and takes just a few minutes. You can also watch our HOW educational video to see just how the HOW program works.

During the registration process you can sign up to receive periodic oral health tips, education, and even special oral health offers. All at no charge!

### TAKE A FREE ORAL HEALTH RISK ASSESSMENT

After you've registered for HOW, we invite you to take a free oral health risk assessment. This online, secure, and confidential risk assessment takes just a few minutes and can be accessed right on the HOW website. Again, about halfway down the web page on the right-hand side (see Figure 2). You'll receive your assessment immediately and can save or print a copy for future reference.


### SHARE YOUR ASSESSMENT RESULTS WITH YOUR DENTIST

The next step is to share your assessment results with your dentist at your next dental appointment. Your dentist can go over your results with you and also perform a clinical version of the same assessment, the results of which will be shared with Northeast Delta Dental.

Upon receiving your clinical oral health risk assessment from your dentist, your results will be scored to determine whether or not you are considered to be at risk for oral health disease; if you are, Northeast Delta Dental will automatically extend additional preventive dental benefits to you at no additional charge\* if your employer participates in the HOW program (nearly all employers do, but you should check with yours to make sure).

**We can help you and your family improve and maintain good oral health.  
Let us show you HOW. Get started today at [HealthThroughOralWellness.com](http://HealthThroughOralWellness.com).**

Figure 1




**KNOWLEDGE IS POWER – AND IT'S FREE!**

Staying on top of your oral health is important, and now it's easier than ever. By registering for our HOW program using the link below, you will receive free, customized oral health tips, special offers, and other helpful information.

[REGISTER NOW](#)

Figure 2



**KNOW YOUR SCORE**

You can now take a free oral health risk assessment and receive your score immediately. Simply answer a brief online questionnaire by clicking the link below. You can also ask your dentist to complete a clinical oral health assessment that will help you understand how to maintain or achieve optimal oral wellness. A little effort goes a long way!

[TAKE YOUR FREE ASSESSMENT](#)



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\*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.