



## Northeast Delta Dental Introduces the Health *through* Oral Wellness® Program

A healthy mouth is an important part of your overall health. That's why we are offering the **Health through Oral Wellness®** program, or "HOW®" for short. HOW® is an innovative program that works with your Northeast Delta Dental benefits to help you achieve and maintain better oral health.

HOW® is a program that encourages an open, collaborative relationship between you and your dentist. When you register for HOW®, you will receive free, customized oral health tips, designed around your specific oral health needs. And HOW® has provided your dentist with a clinical risk assessment tool that provides you with an oral health score and helps your dentist recommend the proper treatment for you.

If your employer participates in HOW® and your dentist determines that you are at risk for oral health disease, you may even be eligible for additional preventive benefits. How is that for helping you stay healthy?

Please register for HOW®. **It's free!** Instructions on how to do this are on the reverse of this card.





## HOW TO REGISTER:

1. Go to [HealthThroughOralWellness.com](https://HealthThroughOralWellness.com)

Click on “Register Now”

If you have a smartphone, or your dentist has a tablet in the office, you can register right now and get started!

2. Fill out the information requested.

**Note:** You will need your subscriber number as part of the registration (see your ID card or call Customer Service at 1-800-832-5700).

3. Sign up to receive information on topics that are important to you, and let us know how you would like to receive the information—either through email or text messages!
4. If you have children, you can sign them up for HOW® at the same time.



Northeast Delta Dental



**HEALTH** *through*  
**ORAL WELLNESS**®

[HealthThroughOralWellness.com](https://HealthThroughOralWellness.com)