

Online and mobile dental tools help you get the whole picture

It's easy to *get more* out of your DHMO dental plan



You want to make good dental care decisions. *Smart!*
Your plan has free online dental tools to help you do that.

More convenience

So, where do you start? How about with your dental health habits and the **Dental Health Assessment tool**.

✔ Get your dental health score

Just answer a few online questions about your habits like brushing and flossing and how often you see the dentist. After you do, you'll get an easy-to-follow traffic light scoring report so you know where you stand and what to do about it.

Why? Dental health problems like gum disease are common and can lead to more serious problems, like losing a tooth. Knowing your score helps you understand your dental health and your risk of getting tooth decay, gum disease and mouth cancers. You can even take your report to your next dental appointment.

Check out the easy-to-understand personalized dental report

Log in to the Anthem Member Services website address on your ID card or your Anthem mobile app. Take the **Dental Health Assessment** and discover your dental health score, like this one:



More care

Now you know your dental health score, but you've probably got questions. Where can you get answers?

Ask a Hygienist

You can email **Ask a Hygienist** your dental questions at no extra cost to you. You'll get answers quickly and privately by email in about 24 hours from one of a team of licensed dental professionals with expertise on how to help prevent and treat diseases of the mouth. They can even offer dental health tips.

Your dental plan is about more than teeth.

It's about caring for the whole body. Want to learn more? Log in to the Anthem Member Services website address on your ID card or your Anthem mobile app.

- Find a dentist in your plan.
- Order extra ID cards.
- Get the status of a claim.
- Learn ways to get more from your plan.

Ready to try out these tools?

Log in to the Anthem Member Services website address on your ID card or your Anthem mobile app.



Zoom in to get more:

Care. Convenience. Choices. Savings.

Zoom out for the big picture:

What's going on in your mouth could be a sign for what's going on elsewhere in your body — **90%** of the body's diseases show signs and symptoms in the mouth.*

* Academy of General Dentistry Know Your Teeth website: *InfoBites - Importance of Oral Health to Overall Health* (accessed January 10, 2018); knowyourteeth.com.

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