

## Welcome to Health *through* Oral Wellness® (HOW®) *Extra Benefits—No Additional Charge—For Those Who Need Them*

Your Northeast Delta Dental plan includes our industry-leading Health *through* Oral Wellness® (HOW®) program at no additional charge in premium. HOW® provides additional preventive benefits to members who are at risk for oral disease, helping them to achieve better oral health.

Simple and free, HOW® works like this:



### STEP 1:

The dentist or hygienist performs a clinical oral health risk assessment and submits it to Northeast Delta Dental electronically and receives a score.



### STEP 2:

Members scoring between 3 and 5 on a five-point scale are immediately eligible for enhanced benefits.\*



### STEP 3:

Everyone deserves a healthy smile. For tips on oral wellness and to take a free risk assessment, please visit [HealthThroughOralWellness.com](https://www.healththroughoralwellness.com).

\*Additional preventive benefits apply toward the annual maximum and are subject to the provisions of your Northeast Delta Dental policy. Only the clinical risk assessment performed in your dental office can determine your eligibility for additional preventive benefits.

### Additional Benefits May Include:

- Extra cleanings
- Fluoride varnish or topical fluoride
- Oral hygiene instruction
- Sealants
- Nutritional counseling
- Tobacco cessation counseling



## FOR YOUR DENTIST

# Extra Benefits—No Additional Charge—For Your At-Risk Patients

Dear Dental Colleague,

Many of your Northeast Delta Dental patients who are at risk for caries and/or periodontal disease may be eligible for additional preventive benefits at no additional charge to them through the Health *through* Oral Wellness® (HOW®) program.\* (See *these benefits below.*) To assess their risk level, they need your help! Please complete an oral health risk assessment using the PreViser® clinical risk assessment tool. It is provided to you by Northeast Delta Dental at no charge.

Getting started is quick and easy—you can perform this assessment on your patients immediately. To create your free PreViser® account, please visit [my.previser.com/start](http://my.previser.com/start). If you have any questions please call Northeast Delta Dental's Provider Services department at 1-800-537-1715, extension 1100, and/or view a training video at [previser.com/free](http://previser.com/free).



### STEP 1:

The dentist or hygienist performs a clinical oral health risk assessment and submits it to Northeast Delta Dental electronically and receives a score.



### STEP 2:

Members scoring between 3 and 5 on a five-point scale are immediately eligible for enhanced benefits.\*

\*Additional preventive benefits are subject to the provision of your patient's Northeast Delta Dental policy. Only the clinical risk assessment performed by you can determine your patient's eligibility for additional preventive benefits.

Oral Health Condition	Benefits	Frequency
<b>Caries (Tooth Decay)</b>	Caries Susceptibility Test Child or Adult Cleaning Fluoride Varnish or Topical Fluoride Nutritional Counseling or Oral Hygiene Instruction Sealants	Once per 12 months Combination up to 4 per 12 months <sup>3</sup> Combination up to 4 per 12 months Once per 12 months <sup>1</sup> Once per 12 months <sup>1</sup> Once per 3 years <sup>2</sup>
<b>Periodontal (Gum) Disease</b>	Adult Cleaning and Periodontal Maintenance Nutritional Counseling or Tobacco Cessation Counseling or Oral Hygiene Instruction	Up to 4 per 12 months <sup>3</sup> Once per 12 months <sup>4</sup> Once per 12 months <sup>4</sup> Once per 12 months <sup>4</sup>

\*Enhanced benefits are subject to change and are subject to standard policy provisions, including, but not limited to, coinsurance percentages, copayments, and plan maximums. As with all benefits, eligibility confirmation should be obtained via Northeast Delta Dental at [www.nedelta.com](http://www.nedelta.com) or from customer service at 1-800-832-5700.

<sup>1</sup> Either one nutritional counseling or one oral hygiene instruction is covered in a 12-month period.

<sup>2</sup> Sealants are a covered benefit based on caries risk assessment for unrestored primary molars and for unrestored permanent premolars, and molars—one sealant per tooth every three years.

<sup>3</sup> Combination of prophylaxis, periodontal maintenance, or full mouth debridement (once in a lifetime benefit) not to exceed four in a 12-month period.

<sup>4</sup> Either one nutritional counseling, or one oral hygiene instruction, or one tobacco cessation counseling is covered in a 12-month period.



# FREQUENTLY ASKED QUESTIONS

## Oral Health Risk Assessment and HOW® Registration Process

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### What is Health *through* Oral Wellness® (HOW®)?

HOW® is Northeast Delta Dental's unique oral health and wellness program that empowers you to get the most out of your dental benefits and get the care you and your family members need to stay healthy. When you register and complete your personal oral health risk assessment using myDentalScore, we will be able to match oral health information and resources to your individual needs. You may also request that your dentist complete a clinical oral health risk assessment using an online clinical tool called the PreViser® Oral Health Information Suite (OHIS), available to your dentist at no cost. If your oral health scores on the OHIS show you to be at greater risk for tooth decay or gum disease you may qualify for enhanced preventive dental benefits including extra cleanings, fluoride treatments, sealants and periodontal maintenance based on your personal risk for oral disease.

### What data is collected and how is it used?

Northeast Delta Dental collects and securely stores your oral health risk assessment data and other personal information to improve our ability to help us communicate with you and your family about oral health. We also use the data to help us improve the benefits we provide to help your dentist deliver the preventive care you need. The information you share with us allows us to communicate with you based on your individual oral health status and personal preferences. Oral health risk assessment scores **submitted by your dentist** may authorize enhanced benefits for members at greater risk for oral diseases like tooth decay and gum disease. Northeast Delta Dental may use de-identified data to generate reports, analyses or educational materials as needed to improve plan designs, wellness offerings and educational materials.

### Who can see my risk scores and other information?

Your oral health risk scores are never shared with your employer. Your data is securely stored in a HIPAA compliant data hub called the Prevention Management Console or PMC which is located behind Northeast Delta Dental's firewall. Access to information stored in the PMC is authorized only for the purpose of improving dental plan designs, wellness offerings and educational materials; to provide members with the oral health information and resources they request; and to authorize enhanced

benefits based on the individual's risk for oral disease. As with claims data, information in the PMC can be used to generate trend analyses, reports and educational materials. Data used for these purposes will always be de-identified. Persons who are granted access to see individual oral health data may do so only for the purposes of assisting members in getting information or services needed to maintain or improve their oral health.

### **I already receive enhanced preventive benefits. Will this change after I re-register?**

If you have already had an oral health risk assessment performed by your dentist and are eligible for enhanced benefits, your eligibility for these benefits **will not change**. However, new registrants who have not had a clinical oral health risk assessment performed in the dental office should ask their dentist to complete a clinical oral health risk assessment using PreViser's Oral Health Information Suite (OHIS) to determine their need for enhanced benefits based on risk.

### **Can my family members register?**

You may register your children under the age of 18. After you register you may send the link to family members over the age of 18 to allow them to register.

### **Can my family members complete the myDentalScore oral health risk assessment?**

Yes, adult family members or children age 18 or over can take the oral health risk assessment on their own by going to the link on the [www.nedelta.com](http://www.nedelta.com) website. You should complete the oral health risk assessment for younger children.

### **How will I know if I am eligible for additional benefits based on my oral health status?**

When your dentist completes the Oral Health Information Suite risk assessment, your dental office can print a report that shows your oral health scores. Based on your individual needs, your dentist will determine the best preventive care treatment plan for you. Your dental office will be able to tell you which enhanced benefits, including fluoride treatment, oral health counseling, sealants and additional dental cleanings, will be covered.

### **If I am eligible for enhanced benefits based on my oral health scores, do I lose those benefits if I get healthier?**

No. Once you are determined to be at greater risk for tooth decay or gum disease, you will always have access to enhanced benefits as long as you continue to be covered under a plan that includes the HOW® program. Your dentist will determine the best way to use those benefits to keep you healthy.

