



Protect Your  
Smile, Protect  
Your Health



Free Oral Health Risk Assessment

Current or former smoker? Lost a tooth? Have diabetes?  
You could be at higher risk for periodontal (gum) disease,  
tooth decay or even oral cancer. Delta Dental makes it easy to  
measure your risk with a quick and easy online self-assessment  
at **deltadental.com/mydentalscore**.

## What's Your Score?

- If you have ever smoked tobacco or used smokeless tobacco
- If you consume alcohol excessively
- If you have lost teeth not due to an accident
- If you have pain when chewing or sensitivity to hot or cold

*Then it's time to measure your risk for gum disease, tooth decay  
and mouth cancer. Don't risk it anymore—know your score!*

Visit **deltadental.com/mydentalscore** to take a quick oral  
health risk assessment and help your dentist make a long-term  
plan for your smile's health.

