



Get smart about your smile

As a leader in oral health and wellness, Anthem is pleased to offer access to our Dental Health Assessment – an online tool that will help you better understand your oral health.

Personalized Dental Health Scores

Take just a few minutes to answer some simple questions about your dental health habits like brushing and flossing, how often you visit the dentist and other oral health behaviors. Then you receive scores on the health of your teeth and gums plus your risk of oral cancer. Using an easy-to-follow 'traffic light' scoring system, these scores help you understand your current state of dental health and, in particular, any potential need for care and treatment.

After completing your assessment, print out your report to bring to your next dental appointment. Share your results with your dentist and, if needed, he or she can help you create a treatment plan focused on improving your dental health.

Why it's important

Dental health problems like periodontal disease and tooth decay are more common than you may think – and left untreated they can lead to more serious problems, such as tooth loss.

If you know your specific risk factors for tooth decay, gum disease and oral cancer, you can take simple preventive action to help avoid these problems. Get a handle on your dental health by taking advantage of this practical health management tool.

Log in to the Anthem Dental Member Services portal at [anthem.com/mydentalvision](https://www.anthem.com/mydentalvision) and discover your dental health score today. It's the smart way to get wise about your dental health.

Gum Disease Risk And Score

How Healthy are my Gums?

Risk: 3

Your estimated gum disease risk is **3 indicating moderate risk.**



Score: 3

Your estimated gum disease severity is **3 indicating mild periodontitis.**



Tooth Risk And Needs

How Healthy are my Teeth?

Risk: 3

Your estimated tooth risk is **3 indicating moderate risk.**



Needs: 5

Your estimated tooth needs is **5 indicating very high restorative needs.**



Oral Cancer Risk

What is my Oral Cancer Risk?

Risk: 1

Your estimated oral cancer risk is **1 indicating very low risk.**



How healthy is your mouth?

A Dental Health Assessment is an important first step for you to find out the state of your dental health. Using Anthem's Dental Health Assessment helps you predict your risks of developing tooth decay, gum disease, tooth wear and oral cancer.