



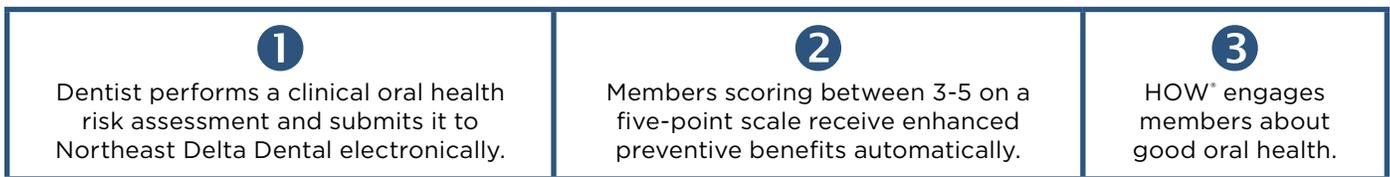
We're making the best dental coverage around *even better!*

MMEHT introduces the Northeast Delta Dental Health *through* Oral Wellness® [HOW®] Program

Extra Benefits—at No Extra Charge—for Those Who Need Them

Effective January 1, 2018, the Maine Municipal Employees Health Trust will offer the Health *through* Oral Wellness® (HOW®) program at no additional charge. Based on the concept of patient-centered oral health, HOW® provides additional preventive benefits to members who are at risk for oral disease, thereby helping them achieve better oral and overall health.

At-risk members are identified through the use of a clinical risk assessment tool that we have provided to dentists at no charge. Eligible members who receive a score of 3 to 5 on a five-point scale automatically receive additional benefits based on their oral health condition. HOW® is simple and free and it works like this:



Summary of Enhanced Benefits

Oral Health Condition	Benefits	Frequency
Caries (Tooth Decay)	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 Combination up to 4 per 12 months Once per 12 months ¹ Once per 12 months ¹ Once per 3 years ²
Periodontal (Gum) Disease	Adult Cleaning Nutritional Counseling or Tobacco Cessation Counseling or Oral Hygiene Instruction Full Mouth Debridement Periodontal Maintenance	Up to 4 per 12 months ³ Once per 12 months ⁴ Once per 12 months ⁴ Once per 12 months ⁴ Once in a lifetime ³ Up to 4 per 12 months ³

Members can register for HOW® at www.HealthThroughOralWellness.com to receive information about the oral health topics of their choosing. Enhanced benefits are subject to change and are subject to standard policy provisions, including, but not limited to, coinsurance percentages, copayments, and plan maximums. To confirm eligibility and for more information, please contact MMEHT Member Services at HTMemberServices@memun.org or call 1-800-852-8300.

¹ Either one nutritional counseling or one oral hygiene instruction is covered in a 12-month period.
² Sealants are a covered benefit based on caries risk assessment for unrestored primary molars and for unrestored permanent bicuspids, and molars—one sealant per tooth every three years.
³ Combination of prophylaxis, periodontal maintenance, or full mouth debridement (once in a lifetime benefit) not to exceed four in a 12-month period.
⁴ Either one nutritional counseling, or one oral hygiene instruction, or one tobacco cessation counseling is covered in a 12-month period.

Instructions for the Patient

Welcome to the Health *through* Oral Wellness® (HOW®) program!

A healthy mouth is part of a healthy life, and Northeast Delta Dental's innovative **Health through Oral Wellness® [HOW®]** program works with your existing dental benefits to help you achieve and maintain better oral wellness. **HOW®** is all about YOU because it's based on your own specific oral health risk and needs. Best of all, it's secure, confidential, and absolutely **FREE**. Here's how to get started:



1. REGISTER



Go to HealthThroughOralWellness.com and click on "Register Now"

2. KNOW YOUR SCORE

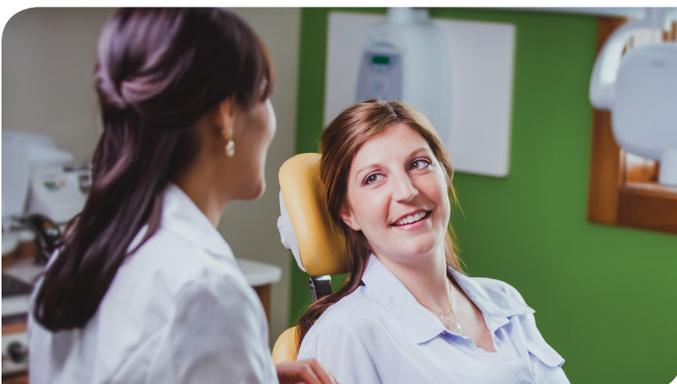
After you register, please take the free oral health risk assessment by clicking on "Free Assessment" in the Know Your Score section of the website

3. SHARE YOUR SCORE WITH YOUR DENTIST

The next step is to share your results with your dentist at your next dental visit

- Your dentist can discuss your results with you and perform a clinical version of the assessment.
- Based on your risk, as shown on your clinical assessment, you may be eligible for additional preventive benefits at no cost!*

**Additional preventive benefits are subject to the provisions of your Northeast Delta Dental policy. Only the clinical risk assessment performed by your dentist can determine your eligibility for additional preventive benefits.*



Instructions for the Dentist

Dear Dentist,

At Northeast Delta Dental, we understand that some patients need more dental care than others. That's why we offer our **Health through Oral Wellness [HOW]** program.

Many of your Northeast Delta Dental patients who are at risk for certain conditions may be eligible for additional preventive benefits at no additional cost to them.* To assess their risk level, they need your help! They need you to complete an oral health risk assessment using a clinical risk evaluation tool called the Oral Health Information Suite (OHIS) that 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!

1. Go to nedelta.com/Providers, log into Benefit Lookup, click on the HOW registration link, and follow the on-screen instructions.
2. Click 'Find my Practice Information,' select the dentist and location from the list, and click 'Submit.' Please note that a separate registration is required for each practice location.
3. Complete the required fields and click 'Register.'
4. You will receive an email from PreViser advising you to complete and validate your registration by visiting previser.com/free and selecting 'My Account.'

To learn how to maximize the value of using this important tool, please view the training videos from PreViser University on their website at previser.com/free.

If you have questions or are unable to locate the dentist information you entered, please call Northeast Delta Dental's Professional Relations department at 1-800-537-1715.

**Additional preventive benefits are subject to the provisions of your patient's Northeast Delta Dental policy.*