



## What's your dental IQ?

Did you know that regular dental cleanings can detect problems throughout your body such as heart disease, diabetes, and stroke?\*

Your HumanaDental plan focuses on prevention, early detection, and education.

\* Perio.org



Go to **MyDentalIQ.com** to find out how to improve your oral health.

You brush your teeth and floss daily and have regular dental checkups. What more can you do to improve your dental health?

Go to **MyDentalIQ.com** and take a free dental health assessment. You'll answer a few questions to help evaluate your family history, general health, daily routine, and eating habits. You'll receive a score that immediately rates your dental knowledge, along with a personalized action plan and tips. You can even print a copy of your plan to discuss with your dentist.

