

# Your teeth and gums matter

Most people want great oral health, but many don't know how to detect common risk factors and diseases.

My Dental Score is a tool that helps you do a self-assessment of your dental health. By taking just a few minutes to answer some simple questions, you will receive an easy to understand oral health score that tells you exactly where you stand.



## Personalised health score

Through a short online questionnaire a single report is instantly generated highlighting any risks and your overall oral health score. This personalised result can be printed and taken to discuss at your next dental examination. Featuring an easy to follow 'traffic light' scoring system, this tool will help you understand your current state of oral health and, in particular, any aspects which need care and treatment.

To begin your assessment, visit [www.denplan.co.uk/mydentalscore](http://www.denplan.co.uk/mydentalscore)

## How healthy is your mouth?

A risk assessment is an important first step for people who want to find out the state of their oral health. Using latest technology helps you predict your risks of developing tooth decay, gum disease, tooth wear and mouth cancer.