



What's your dental IQ?

Take the My Dental IQ assessment 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?

Sign in to MyHumana at **Humana.com**, go to the "Health and Wellness" tab and scroll to "Today's Health Topics" to take a free, My Dental IQ, 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.

Humana®

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Did you know?

Making regular preventive visits to your dentist can help detect problems throughout your body such as heart disease, diabetes and stroke?¹

Your Humana Dental plan focuses on prevention, early detection and education.

¹www.perio.org