

ORAL HEALTH ACTION PLAN

Your oral health plays a large role in your overall health. That's why you, your dentist, and your Oral Health Navigator have worked together to develop a plan to address the condition of your teeth. There are actions you will need to work towards in order to help the treatment plan work and keep your teeth healthy.

Personal Action Plan

(FOR ADULTS)

Actions I Can Do Every Day:

Action Step 1: Brush my teeth at least twice a day or as instructed by my dental provider.

Action Step 2: Floss my teeth at least once a day or as instructed by my dental provider.

Action Step 3: Rinse my mouth after each meal or snack or as instructed by my dental provider.

Action Step 4: Avoid foods and drinks high in sugar like soda, candy, or gum.

Small Things I Can Do to Accomplish these Action Steps:

- Put a reminder on my phone or calendar, or put a sticky note on my bathroom mirror.
- Put floss on my bathroom sink.
- Experiment with different flavors of fluoride toothpaste to find one I like.
- Brush my teeth for two minutes to my favorite song.
- Carry a water bottle with me throughout the day.
- Have someone remind me to brush and floss.
- Make brushing the very first thing I do when I wake up and the very last thing I do before I go to bed.



Our mission is to enable all HUSKY Health members to achieve and maintain good oral health. We work to ensure all members have equitable access to oral health services.

(more oral health info: www.ctdhp.org)

see other side



Actions for Dental Visits

Action Step 1: Keep appointments scheduled with my dental home provider.

Action Step 2: If I need to cancel an appointment, give the provider's office as much notice as possible.

Action Step 3: Make sure to arrive on time to my appointment.

Action Step 4: Remind my dentist about any problems I have been having with my mouth.

Small Things I Can Do to Accomplish These Action Steps:

- Set a reminder on my cell phone for my appointment.
- Bring my calendar with me to schedule my next dental appointment.
- Ask a family member or friend to remind me of my appointment.
- Ask my dental provider if they provide reminder emails or texts - sign up!
- Ask for an appointment card and keep it on my fridge or a place I look at often.
- Program my dental home provider's phone number in my cell phone.

Actions to Get Help

Action Step 1: Contact my Dental Provider.

Action Step 2: Contact my Oral Health Navigator if I have questions.

Action Step 3: Call the Member Services Help Line - 855-CT-DENTAL (855-283-3682).

Action Step 4: Set autoremindes (auto alerts) in my cell phone one week before my appointment.

Small Things I Can Do to Accomplish These Action Steps:

- Program the contact info for my supporters in my cell phone.
- Keep my supporters' contact information on my fridge or other places I frequently look.
- Remember that no questions are too silly and my supporters are there to help.

You can do this! Taking small steps every day will lead to better oral health. Better oral health means the likelihood of less invasive procedures, higher chances of keeping your natural teeth longer, decreasing your chances of needing dentures, and improving your overall health.

By signing your oral health action plan, you are showing you are ready to start taking actions towards bettering your oral health.

Signature

Date



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