DENTAL DEFENDERS
Oral health challenge

Save that smile!

Half of Americans are at some stage of developing gum disease. Don’t let that be you! Luckily, it doesn’t take much time to ensure you can keep the natural teeth you may be taking for granted.

Tips:
» Start out with a new toothbrush, or treat yourself to an electric one.
» Brush at least 2 minutes each time. Sing a song to time yourself.
» Use toothpaste with fluoride to reduce your chances of getting a cavity.
» Use the rubber tip to massage your gumline.
» Have your teeth cleaned and checked every 6 months. Make that appointment now!

Target: Brush twice, floss once, every day.

Activity tracker: Dental Defenders Challenge
Challenge dates: __________________ to __________________

Your total brushing/flossing activities for this challenge = (Challenge goal: 84 actions)

Please turn in this tracker to your company’s challenge “champion” at the end of the challenge to qualify for incentives.

Name: ___________________________________________  □ Male  □ Female
Organization name: ___________________________________________
□ Employee  □ Spouse/family  □ Current Health Tradition member?  □ Yes
Age (optional): □ 18–29 □ 30–44 □ 45–59 □ 60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?
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Have you signed up for the quarterly WellMe updates yet?
Go to www.HealthTradition.com/go/WellMe

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