

Are you at-risk for dental disease or decay?

CIGNA offers **three** online resources you can use to learn more about your individual risk for tooth decay (cavities), periodontal (gum) disease and knowledge of oral cancer. Take the Cavity and Periodontal Disease Risk Assessment quizzes and share your results and questions with your dentist at your next regular check-up. Take the Oral Cancer Awareness Quiz to test what you know about oral cancer – the answers may surprise you.

CIGNA Dental Cavity Risk Assessment

The Cavity Risk Assessment Tool is designed to help you and your dentist identify factors that might increase your risk for cavities. You can take this assessment for yourself and for your family members. It's quick and easy, with just 12 questions for adults and four additional questions for children under age 12. When you complete the quiz, it generates a detailed score sheet, which lists all the questions and your responses. And it tells you whether you are Low Risk, Low to Moderate, Moderate Risk, or High Risk for tooth decay.¹



CIGNA Dental Periodontal (gum) Disease Risk Assessment

The Periodontal Risk Assessment Tool helps you and your dentist identify factors that might increase your risk for gum disease. You can take this assessment for yourself and for your family members. It's quick and easy, with just 20 questions. When you complete the quiz, it generates a detailed score sheet which lists all the questions and your responses. And it tells you whether you are Low Risk, Low to Moderate, Moderate Risk or High Risk for gum disease.¹

CIGNA Dental Oral Cancer Awareness Quiz

Did you know that most oral cancer deaths occur because the disease is diagnosed after it reaches its advanced stages? The good news is that when caught early, the chances of curing oral cancer are greatly increased. This ten-question quiz is designed to help you test your knowledge about the basics of oral cancer: where it can occur, warning signs, common risk factors, and what you can do to help reduce your own risk.²



Find links to these interactive, user-friendly, web-based quizzes on our websites:

- www.cigna.com - on the Dental tab under "Related Topics"
- www.myCIGNA.com - on the Dental tab under "Related Health Resources"
- www.itstimetofeelbetter.com - on the "Interactive Tools" page under "Dental Health"

Armed with this information, you'll be better prepared to manage your oral health and help prevent these dental conditions – or get treatment if necessary.

¹This tool serves only as a guideline as to your risk. It is important to visit your dentist on a regular basis and discuss your oral health. ²This quiz serves as a fast, easy and fun educational tool about oral cancer. It does not score your responses or evaluate your risk like the Periodontal and Cavity Risk Assessments do. It is important to visit your dentist on a regular basis and discuss your oral health.

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