

We give you  
more reasons to  
**smile**



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# Are you at risk for gum disease?

*CIGNA Dental Online Periodontal Risk Assessment Tool  
helps you identify your risk level*

**CIGNA Dental's Periodontal Risk Assessment Tool** helps you identify your susceptibility to gum disease.

The Periodontal Risk Assessment Tool helps you and your dentist identify factors that might increase your risk for periodontal (gum) disease. You'll find this intuitive user friendly tool on the CIGNA website. It is also available on myCIGNA.com.

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.

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

## Where to find the quiz:

### On myCIGNA.com

- Go to the main dental page
- The tool is on the right, under "Related Health Resources"

### On www.cigna.com

- Select the "Our Plans" tab
- Click "Dental"
- Click on any of the plan options
- The Periodontal Risk Assessment Quiz is on the left hand side under "Related Topics"

### Periodontal (Gum) Disease Risk Assessment

please print this page and share it with your dentist at your next dental check-up

[Continue](#)



Patient Name:  Age:  Date:  Score:

Low Risk -5 to 0	<b>Low to Moderate Risk 1 to 6</b>	Moderate Risk 7 to 11	High Risk 12 or greater
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How old are you?

*As we age, the risk of gum disease may increase steadily.*

Do you smoke or use any tobacco products?

*Studies show that using tobacco products may be a significant factor for gum disease.*

Periodontal (gum) disease is a major cause of tooth loss in adults<sup>1</sup>. Moreover, mounting research has linked gum disease to more serious health issues like heart disease, stroke, diabetes, and pre-term birth. Because periodontal (gum) disease is usually painless, you may not know you have it.

**Take the quiz today and share the results with your dentist  
at your next dental check-up.**

*Please note that this tool serves as a guideline as to your risk for gum disease. It is important to visit your dentist on a regular basis and discuss your oral health.*

<sup>1</sup> American Dental Association