

# The Oral Fitness Score:

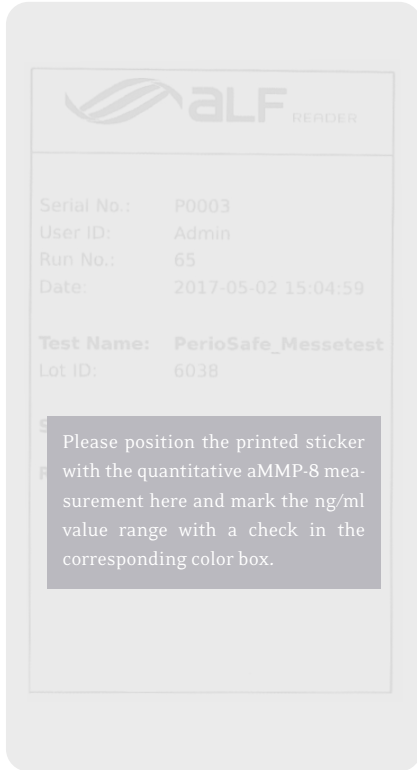
And Your Personalized Oral Fitness Plan



OralFitnessCheck®

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



≥ 30  
ng/ml

## HIGHLY ELEVATED ORAL FITNESS SCORE

Any value of 30 ng/ml or above is **highly elevated**, and a complete diagnostic evaluation is advised to determine treatment recommendations. More professional care and optimal daily oral hygiene are recommended to improve your Oral Fitness Score.

20-29  
ng/ml

## ELEVATED ORAL FITNESS SCORE

Any value of 20-29 ng/ml is **elevated**, and further diagnostic evaluation is advised to determine treatment recommendations. More professional care and optimal daily oral hygiene are recommended to improve your Oral Fitness Score.

10-19  
ng/ml

## BORDERLINE ORAL FITNESS SCORE

Any value of 10-19 ng/ml is **borderline**, and further diagnostic evaluation is advised to determine treatment recommendations. More professional care and optimal daily oral hygiene are recommended to improve your Oral Fitness Score.

< 10  
ng/ml

## OPTIMAL ORAL FITNESS SCORE

Any value below 10 ng/ml is **optimal**. Diagnostic evaluation may be advised to determine treatment recommendations if any are needed. Regular professional care and optimal daily oral hygiene are recommended to maintain your Oral Fitness Score.

Recommendations

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As your trusted, prevention-oriented dental office, our top priority is to help you maintain healthy teeth for a lifetime. Therefore, checking your oral fitness regularly is essential, even if you have no visual signs and symptoms or discomfort.

As part of our **Oral Fitness Program**, we have performed an analysis of your oral fitness based on a sample of your saliva. The Oral Fitness Score provides information about your oral wellbeing and oral hygiene needs. You are encouraged to visit the dental office regularly as recommended and to perform good oral hygiene daily.

If initiated at an early stage, a suitable oral hygiene strategy can help slow the process of oral breakdown and potentially the progression of gum disease. This allows the gum tissues to stabilize and supports your oral and overall health.

At your next hygiene appointment, we will check your oral fitness to see how your score has improved.

The **OralFitnessCheck®** is intended to provide information about your oral fitness to help you understand the importance of performing an optimal daily oral hygiene regime and receiving regular professional dental care. This can reduce the risk of chronic diseases, such as gum disease if accompanied by a healthy lifestyle. **OralFitnessCheck®** is not intended for the diagnosis, prevention, or treatment of disease, nor for the assessment of health.