

Want healthier teeth and gums? We can help!

Learn how you can improve the health of your teeth and gums with guidance and a toothbrush tracker.

If you are interested in receiving a free toothbrush tracker and someone to assist you with improving your oral health, say yes to participate in the dental health project!

The dental health project is a program that will provide one-on-one dental health coaching and coordination of dental care in your area.

Once you sign up, a Dental Health Coordinator will be in contact with you to review the details. Enrollment in this 90-day program is free.

What will a Dental Health Coordinator do?

- Help you understand your oral health and connect you to dental services.
- Help you learn how to use the toothbrush tracker* and improve your tooth brushing.
- Connect you with someone to assist you if you are in need of additional services, such as transportation.

* Truthbrush; a Smart Tracker for Better Teeth Brushing. Works together with the Truthbrush app.



**Contact the Dental Health Coordinator:
Ms. Dawn Helstrom**

**# 607-313-9602
dawncdhc@gmail.com**

**Thank You ~
New York State Dental Association (NYSDA) for
funding the dental health project.**

Your personal information will never be shared.

Candibell and NYSDA will compile and share brushing data from your toothbrush tracker that will assist them in planning for and enhancing future services and supports.

