

Eastchester Dental Care, Keep Your Smile!

Welcome patient or caregiver

Your oral health is very important for your overall health

1. Click **“Login Now”**, enter **drmclean** as your Group ID
2. Follow the directions to create your secure and personal oral health folder on MySmileGuideU.org
3. **We need your help to improve Healthcare.** Poor oral health (tooth decay, bleeding gums and bone loss around teeth) is the most common chronic health concern. It begins with lack of awareness and is a life-long threat to overall health and wellness. Building a large data base of responses will be used to show the importance of oral health awareness and timely dental visits to caregivers, individuals, healthcare, governments, employers and insurances.

We request the use of your responses in MySmileGuideU for research. The research is protected under the Stony Brook University IRB protocol #503424-2.

No personal data (name, birthdate, email) will be shared with any person or organization.

Please allow (check “yes”) the use of your de-identified information for research – we want show healthcare how oral health is important to long term health and wellness.

4. Write your **User ID** and **Password** so that you can access your health folder from home or any web portal

User ID	Password
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Keep this in a safe place

You will need your **User ID** and **Password**:

- Repeat the oral health surveys to see how you are doing
- Use The Dental Visit Checklist at your check-up visits
- Use MySmileGuideU for family members

- Read more about your oral health
 - Read about dental care that you may need
5. Complete the questionnaires in your oral health folder. You will receive a **“Smile Score”** and **“The Oral Health Report”** based upon your responses to the questions
- **“Oral Health – Care Habits”** (all ages)
 - **“Oral Health – Diet, Nutrition, and Lifestyle Choices”** (teens, adults, seniors)
6. The dentist or hygienist will record the findings of your oral examination in **“The Dental Visit Checklist.”** Guidance will be saved in **“The Dental Visit Checklist Report”** for you to review at your convenience.
7. Please complete the survey: **“We want your feedback”**
8. Log off and return this tablet

We hope you find MySmileGuideU, www.mysmileguideu.org of value.

Thank you

Dr. Ronald McLean and staff
Eastchester Dental Care
718-515-9010

