

What is Healthy Start™?

Healthy Start is a progressive system to improve the health and well-being of children by educating and treating the root causes of certain health symptoms with a non-invasive procedure that straightens teeth for a lifetime of healthy beautiful smiles.

Why Healthy Start™ is Important for Your Practice and the well-being of your Patients?

Nine out of ten children suffer from sleep disordered breathing symptoms:

- ADD/ADHD
- Bedwetting
- Difficulty in School
- Mouth Breathing
- Snoring
- Restless Sleep
- Chronic Allergies
- Nightmares
- Daytime Drowsiness
- Aggression

Over the last 20 years, clinical research established the connection between certain increasingly common childhood health issues and a single likely root cause- Sleep Disordered Breathing (SDB).

Benefits of Using Healthy Start™ System versus Traditional Orthodontics

The Healthy Start™ System:

- Guides incoming permanent teeth, eliminating the need for braces and retainers.
- Achieves full correction within 2-12 months
- Is a fraction of the cost of braces
- Promotes proper facial development
- Develops arch expansion naturally, avoiding extractions
- Can be started as early as age 2
- Straightens children's teeth while they sleep or with only 2 hours of daytime wear.
- Eliminates poor oral habits, mouth breathing, teaches proper swallowing, and addresses sleep disordered breathing,
- Corrects overbite, overjet, cross bites, under bites, gummy smile, open bites, and crowding in 93% of kids when started early.
- Removable appliances that make it easy to maintain proper dental hygiene
- Has no food restrictions
- Develops a beautiful smile for life

Certified providers evaluate and provide a treatment plan for patients

The Healthy Start™ System Toddler
When Starting Treatment at Ages 2-4



Toddler Habit-Corrector®

The Healthy Start™ System Kids
When Starting Treatment at Ages 5-7



Kids Habit-Corrector®



Nite-Guide® 'C'



Interim-G® 'IG' Series

The Healthy Start™ System for Pre-Teen
When Starting Treatment at Ages 8-12



Pre-Teen Habit-Corrector®



Occlus-o-Guide® 'G' Series

The Healthy Start™ System for Teen and Adults
When Starting Treatment at 12 or Older



Adult Habit-Corrector®



Ortho-T®

Start the Healthy Start System



Kids Habit-Corrector®



Nite-Guide® 'C'



Interim-G® 'IG' Series

Healthy Start Kids Habit Corrector is for children ages 2 – 5. Appliance is worn 1-2 hours a day passively and during the night. Keeping the appliance in all night will sometimes take time. Breaking kids of mouth breathing habits can take time. If appliance is not in mouth in morning, the child will need to locate and brush appliance with toothpaste and put back in box. Helpful hint is to explain that every child is different on how long it takes to remain in mouth all night long. Do not get discouraged.

Pedo Habit-Corrector®

2-5 years of age

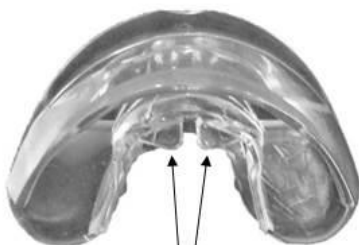
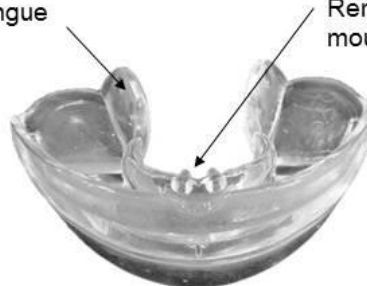
One size fits all

Palatal Tabs

Widens the palate with tongue pressure (An expanding device)

Prongs

Remind tongue to be back in mouth (Prevent tongue thrusts)

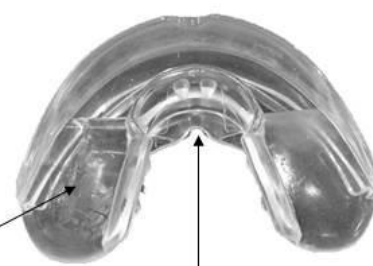


Lingual Tabs

Maintain mandible in forward position and guides lingual incisors forward

Posterior Pads

Depress posterior teeth and lessens an open-bite



Lingual Shelf

Keep tongue in upper palate (Teaches proper way to swallow)

Healthy Start Nite-Guide 'C' Series is for kids between the ages of 5-7. It is to be used once the patient has their first permanent tooth breaking through the tissue (most often a lower central). This appliance is used only when we are guiding in the centrals and their six year old molars have not come in yet.

The appropriate size (indicated by a "C") appliance will be provided and will usually be started after use of the Kids Habit Corrector. The Nite-Guide will be only worn at night until the laterals begin to erupt.

Healthy Start Interim G/ 'IG' Series is the next step in treatment for once their laterals begin to erupt. If they have six year old molars when their centrals are erupting they would skip over the Nite-Guide and use the 'IG' appliance. The appropriate size (indicated by a "IG") appliance will be provided and will usually follow the use of the Nite-Guide. The 'IG' series appliance will continue to be worn at night and this will be the final appliance in this treatment.

Animal Boxes of which there are 5 different types for your patient to choose from for children to store their appliance.



Pre-teens

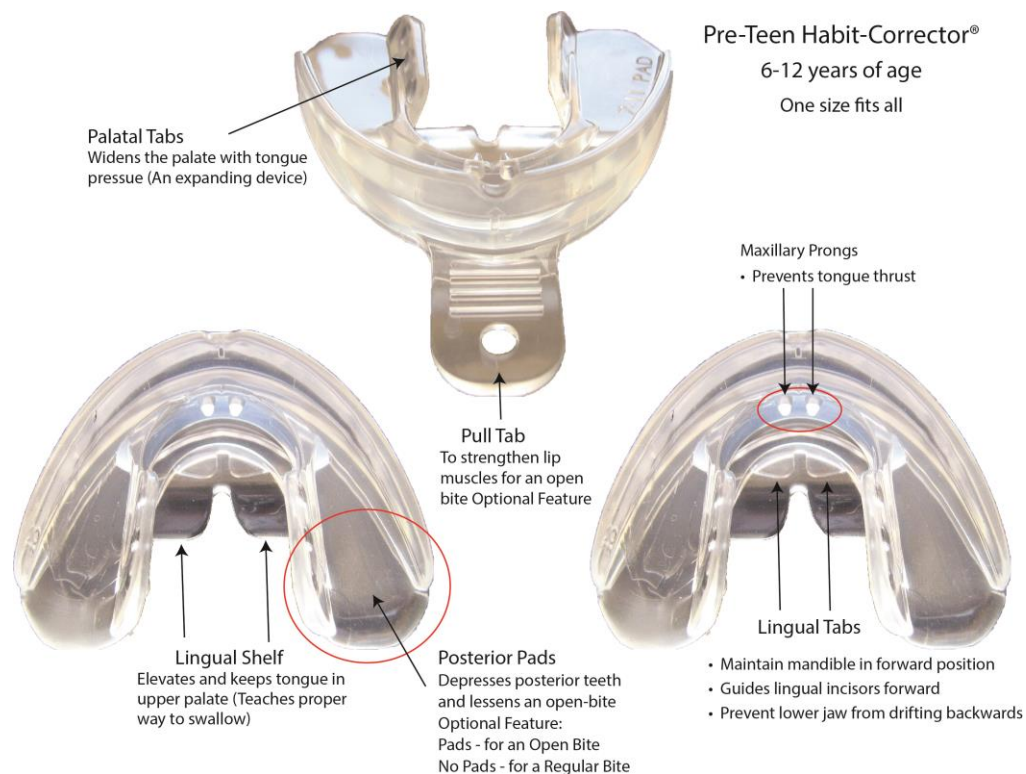


Pre-Teen Habit-Corrector®



Occlus-o-Guide® 'G' Series

Healthy Start Preteen Habit Corrector is for children ages 6 - 12. Appliance is worn 1-2 hours a day passively and during the night. Keeping the appliance in all night will sometimes take time. Breaking kids of mouth breathing habits can take time. If appliance is not in mouth in morning, the child will need to locate and brush appliance with toothpaste and put back in box. Helpful hint is to explain that every child is different on how long it takes to remain in mouth all night long. Do not get discouraged.



Healthy Start 'G' Series is the next appliance. The appropriate size (indicated by a "G") appliance will be provided. The Occlus-o-Guide will be worn 2 hours per day (exercising by biting down for a minute hold and then relax) and this can be done in 20 minute increments leading up to 2 hours.

Animal Boxes of which there are 5 different types for your patient to choose from for children to store their appliance.



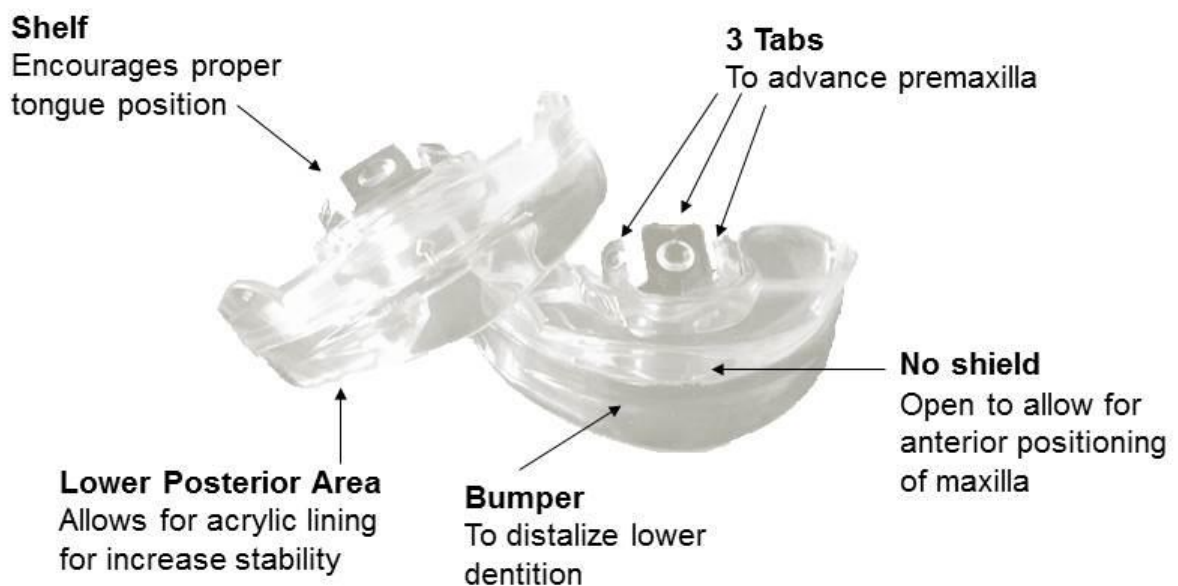
Class III Corrector is a one size fits all appliance that comes in 2 sizes according to age, and will be provided within diagnostic review. The Class III is worn 2 hours per day, exercising by pushing tongue against three tabs that moves the upper arch in a forward direction. The appliance is worn for 2-4 months. This appliance is worn before the Habit Corrector if needed. There is an extra charge for this appliance.

Class III Corrector™

Two sizes fit all

2-6 years of age

6-12 years of age



Other auxiliary appliance – Healthy Start Occlus-o-Guide 'G' Series with cleats to help with straightening teeth with rotations. This appliance will have an extra charge.

Lip Bumpers may be used to gain additional space for a crowded dentition. The lip bumpers are used to distalize the molars which can distalize the molars 1mm/month. The sizes will be indicated if needed.

PROCEDURES FOR THE HEALTHY START SYSTEM

Promotional and Educational Materials

- Full Brochure
- Tri-Fold Brochure
- Banner
- Waiting Room Tape
- Healthy Start Website Landing Pages
- Marketing Programs
- Seminar DVD

Starter Kit

For immediate inventory of appliances the patient needs first. This kit will include

- 5 Healthy Start Kids Habit Correctors
- 5 Youth Habit Correctors
- 2 Class III Correctors
- 10 Animal Boxes

This kit of appliances allows the doctor to immediately deliver a Habit Corrector or Class III to a new patient so they can begin treatment that day. Having inventory on the appliance gives the doctor approximately one month to take records on patient and submit case with the required forms for evaluation and processing.

If the patient has a Class III they will start with the Class III Corrector and then move to the habit corrector, and then their 'C' or 'G' series appliance. The Class III is worn actively for 2-4 months until the patient jumps the bite. The Habit Corrector is worn for approximately 2 months, it will be stated on the case review form returned to you for the patient

Required Documents for Case Diagnosis:

1. Diagnostic Data & Information
2. Analysis of Panoramic X-ray
3. Observations of a Child that Mouth Breathes
4. Intraoral photos
5. Panoramic X-ray
6. Scan of Models
7. Initial Sleep and Speech Questionnaire
8. Ceph (If Possible)

Helpful Hints:

When requesting the sleep and speech questionnaire to be filled out – email the questionnaire out prior to appointment. The forms will be filled out more accurately.

Photos – it is critical to take clear and accurate photos. The backdrop for photos should have a constant horizontal line to provide height of patient through all photos. Take photos at any appointment that you see change. It is important to congratulate patient on the fantastic and amazing job he or she is doing. Explain that we want to record the patient and explain that we need to photograph.

Sleep Questionnaire: 9 out of 10 children will have at least one symptom of sleep disorder breathing. It is important to have the same parent who filled out original questionnaire fill out the follow-up questionnaire after the third month of treatment.