

What is HealthyStart[®]?

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

Why HealthyStart[®] is important for your practice and the well-being of your patients?

Research shows that 9 out of 10 children suffer from at least 1 symptom of Sleep-related Breathing Disorders (SRBD). These symptoms may include the following:

**ADD/ADHD
Bedwetting
Difficulty in School
Mouth Breathing
Snoring
Teeth Grinding**

**Restless Sleep
Chronic Allergies
Nightmares/Night Terrors
Daytime Drowsiness
Behavioral Issues
Headaches**

Benefits of using the HealthyStart[®] system versus traditional orthodontics

The HealthyStart[®] System...

- Guides incoming permanent teeth, often eliminating the need for braces and lifelong retention
- Can achieve full correction within 2-12 months
- Usually costs much less than traditional braces
- Promotes proper facial growth and development
- Develops arch expansion naturally, in most cases 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 improper oral habits such as mouth breathing, teaches proper swallowing, and addresses the root causes of Sleep-related Breathing Disorders (SRBD)
- Corrects overbite, overjet, crossbites, 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 will learn to identify, evaluate, and treat the symptoms of Sleep-related Breathing Disorders while straightening teeth using the HealthyStart[®] system.

The HealthyStart® Toddler System

When starting treatment at age 2-4



Toddler Habit Corrector®

The HealthyStart® Kids System

When starting treatment at age 4-6



Kids Habit Corrector®



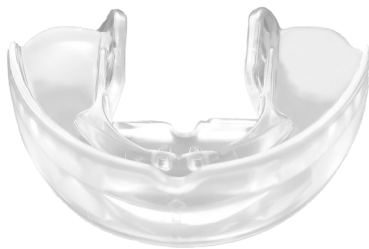
Nite-Guide® 'C' Series



Interim-G® 'IG' Series

The HealthyStart® Youth System

When starting treatment at age 6-12



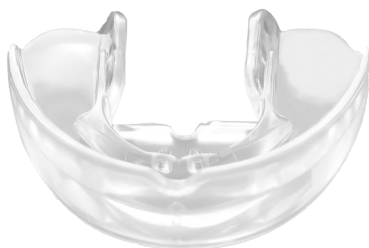
Youth Habit Corrector®



Occlus-o-Guide® 'G' Series

The HealthyStart® Teen and Adult System

When starting treatment at age 12 or older



Adult Habit Corrector®



Ortho-T® 'N', 'X', 'U' Series

Start the HealthyStart® System...

healthystart® Kids System



Kids Habit Corrector®



Nite-Guide® 'C' Series



Interim-G® 'IG' Series

HealthyStart® Kids Habit Corrector® is for children 4-6 years old. The appliance is usually worn 1-2 hours a day passively and during the night. Keeping the appliance in all night may take time. Breaking kids of habits such as mouth breathing may also take time. If the appliance is not in the mouth in the 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—it's worth it!

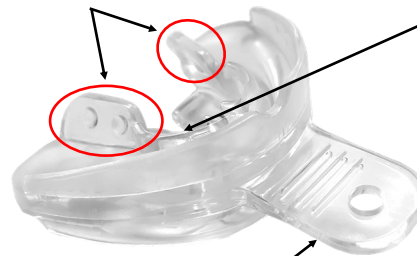
Kids Habit Corrector® 4-6 Years of Age—One Size Fits All

Palatal Tabs

Widens palate with tongue pressure—an expanding device

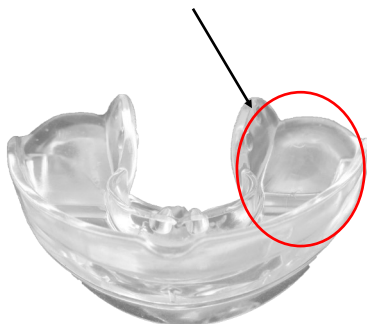
Lingual Tabs (Not Shown)

Prevents mandible from falling back while sleeping and guides lingual incisors forward



Posterior Pads (Optional)

Depresses posterior teeth and lessens an open bite

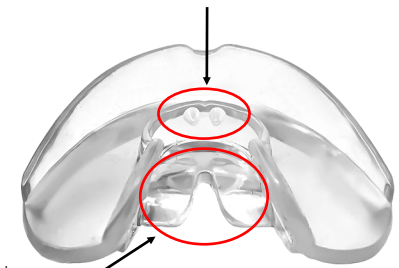


Pull Tabs (Optional)

Helps with lip strength exercises and for attaching to pajamas

Maxillary Prongs

Reminds tongue to be on roof of mouth (prevents and corrects tongue thrusts)



Lingual Ramp

Keeps tongue in upper palate (encourages proper swallowing pattern)

HealthyStart® Nite-Guide® 'C' Series is for kids between the ages of 4-6. It is most often used once the patient's first permanent tooth breaks through (most often a lower central incisor). This appliance is generally used when guiding in central incisors and six year old molars have not erupted yet.

The appropriately sized (indicated by a 'C') appliance will be provided and will usually be started after use of or in conjunction with the Kids Habit Corrector®. The Nite-Guide® 'C' appliance is generally only worn at night until the laterals begin to erupt.

HealthyStart® Interim G®/'IG' Series is the next step in treatment once the lateral incisors begin to erupt. If the six year old molars are already present when the central incisors begin erupting, the patient will usually skip the Nite-Guide® 'C' appliance and use the 'IG' appliance. The appropriately sized (indicated by an 'IG') appliance will be provided and will usually follow the use of the Nite-Guide® 'C' appliance. The 'IG' series appliance will continue to be worn at night and this will usually be the final appliance in this treatment.

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



healthystart[®] Youth System



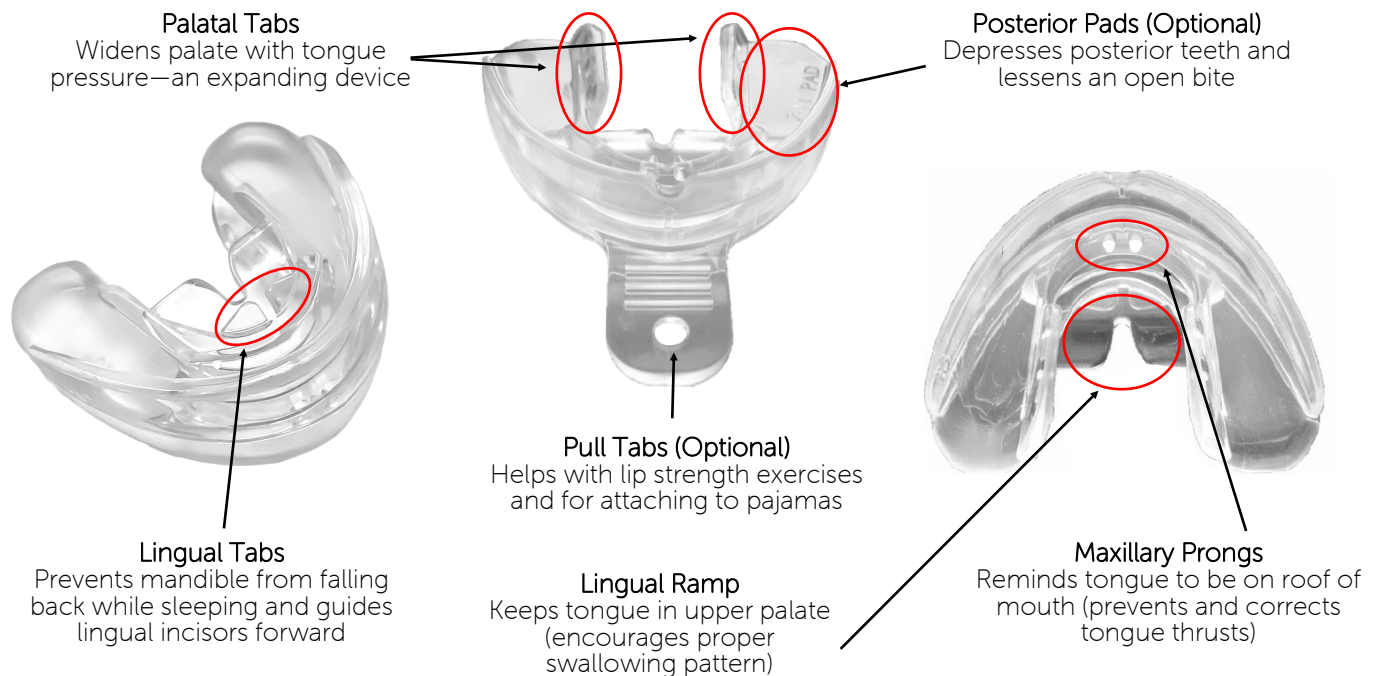
Youth Habit Corrector[®]



Occlus-o-Guide[®] 'G' Series

HealthyStart[®] Youth Habit Corrector[®] is for children 6-12 years old. The appliance is usually worn 1-2 hours a day passively and during the night. Keeping the appliance in all night may take time. Breaking kids of habits such as mouth breathing may also take time. If the appliance is not in the mouth in the 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—it's worth it!

Youth Habit Corrector[®] 6-12 Years of Age—One Size Fits All



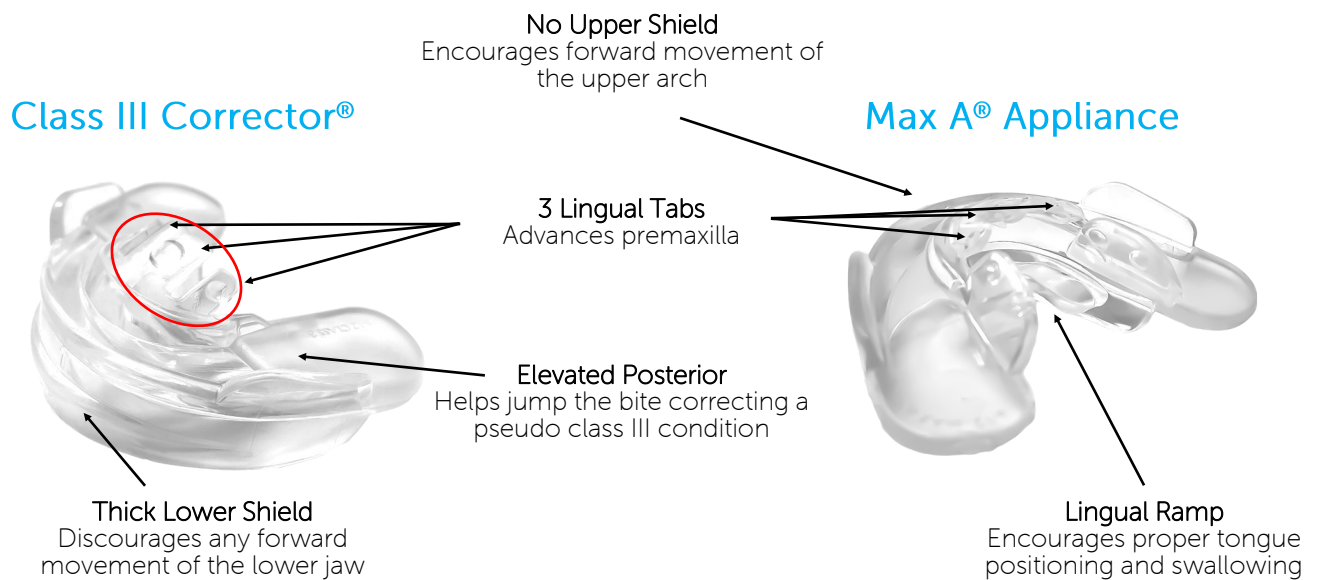
HealthyStart[®] Occlus-o-Guide[®] 'G' Series is the next appliance. The appropriately sized (indicated by a "G") appliance will be provided. The 'G' series will be worn 2 hours per day (exercising by biting down for a minute, hold, and then relaxing) and this can be done in 20 minute increments leading up to 2 hours per day.

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



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

Class III Corrector® & Max A® Appliance Two Sizes Fits All (2-6 & 6-12)



Other Auxiliary Appliances

- HealthyStart® Occlus-o-Guide® 'G' Series with Cleats to help with straightening teeth with rotations. This appliance will have an extra charge.
- Preformed 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 at a rate of 1 mm/month. The sizes will be indicated if needed.



Procedures for the HealthyStart® System

Promotional and Educational Materials

- Customizable Waiting Room Brochures
- Customizable Tri-Fold Brochures
- Banners
- Waiting Room Videos
- HealthyStart® Website Landing Page Materials
- Marketing Programs
- Facebook Webinars

Starter Kit

For immediate inventory of appliances the patients needs first. This kit includes the following:

- 3 Kids Habit Correctors®
- 4 Youth Habit Correctors®
- 2 Adult Habit Correctors®
- 2 Class III Correctors®
- 2 Max A® Appliances
- 10 Animal Boxes

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

Required Documents for Case Evaluation and Treatment Planning

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

Helpful Hints

When requesting the Sleep Disordered Breathing (SDB/SRBD) Questionnaire to be filled out, email the questionnaire prior to appointment. This form will be filled out more accurately.

HealthyStart® Sleep and Speech Questionnaire: 9 out of 10 children will have at least one symptom of Sleep Disordered Breathing (SDB/SRBD). It is important to have the same parent who filled out the original questionnaire fill out the follow-up assessment after the third month of treatment.