

TEXT 2 FLOSS

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My Text2Floss



Dashboard to track your "flossing progress" and compliance with the text reminders



Oral Health



Saliva: The role of saliva in keeping your mouth healthy
Videos: Topics include: Why flossing is important, the right flossing technique, how to floss your teeth and text2floss total health.
Find a Dentist: Locator tool to find dental clinics and schools near you
Resources: additional places to find credible oral health information



Heart



Learn more about associations between oral health and whole-body health. Sub-categories include diabetes, blood pressure, premedication and heart health.



Mind



In this tab you will find information on how your mouth can affect your mind through TMJ disorder, clenching, grinding and stress.



My Dental Team



Here you can track your favorite dental products, your dentist's information and find out more information on treatments and dental clinics and schools



My Medical History



After creating a PIN #, you can log some of your common medical information so that it is easily accessible when New Patient forms need to be completed.



Timer



This handy timer will help you brush for the recommended 2 minutes. The timer has three different music options, or can be used with no music.



About



Language



Here you can change the language of the app. Currently, the Text2Floss app is available in English, Spanish, German and Arabic.