

Becky Horst, RDH, BA

We are always striving to show patients how to manage their own self-care and to maintain their motivation for health. Digital technologies have made connected health possible. As patients become more engaged in their own health and take greater control over their wellbeing, the opportunity to empower them to adopt trusted connected health apps ultimately can result in improved health outcomes.

Dental professionals continue to see the benefits of connected health and are adopting these tools into practice. As technology is typically a double-edged sword the usability and convenience of a product/system is highly dependent on its success and the success of the dental office.

#### Learning Objectives

- Define connected health
- The RDH role in recommending oral healthcare products
- Identify resources and tools to make evidence based product recommendations and benefits to the practice
- Discuss prevention and cosmetic strategies in managing the oral health of patients in the dental office