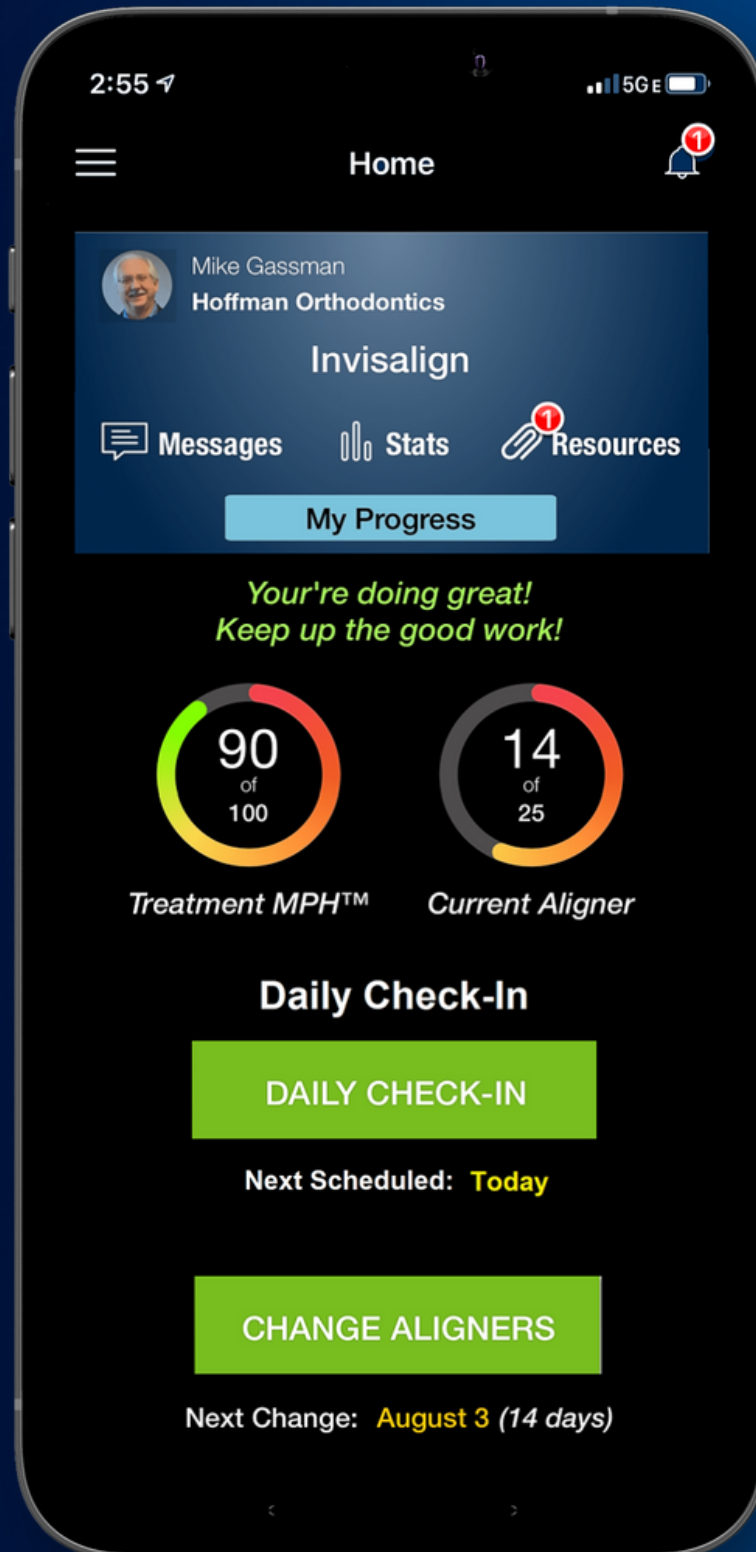


# Navigating the In Hand Dental Patient App



**Menu:** access your profile and settings.

**Messages:** send texts, images, and bite videos.

**My Progress:** shows pictures at your aligner changes.

**Treatment MPH:** score indicating how your treatment is going.

**Change Aligners:** tap this button when changing to new aligners.

**Alerts:** indicates when important notifications are available.

**Resources:** contains helpful information.

**Stats:** shows status and survey responses.

**Current Aligner:** how far along you are in your treatment.

**Daily Check-In:** tap to report hours of wear and answer treatment questions.