

Keep your teeth healthy.

Seeing a dentist to take care of your teeth can help prevent pain. It also helps keep your heart and body healthier. This is important at every age.

- **Visit a dentist at least once a year**, even if nothing is bothering you.
- **If you are pregnant**, having healthy teeth and gums can protect your baby's health.
- **If you have diabetes**, dental health problems can make it harder to control your blood sugar.
- Some people feel **nervous or embarrassed** to see a dentist. If you do, talk to your dentist's office.

My Coordinated Care Organization (CCO)

CCO phone number

My dentist

Dentist phone number

Need help? Call Oregon Health Plan Client Services:
800-273-0557 (TTY 711).

Coordinated care organization (CCO) phone numbers

To learn more about your benefits and find a dentist, call your CCO. Call Oregon Health Plan with questions: 800-273-0557.

Advanced Health.....	800-264-0014
AllCare CCO.....	888-460-0185
Cascade Health Alliance.....	888-989-7846
Columbia Pacific CCO.....	855-722-8206
Eastern Oregon CCO.....	888-788-9821
Health Share of Oregon.....	888-519-3845
InterCommunity Health Network.....	800-832-4580
Jackson Care Connect.....	855-722-8208
PacificSource Community Solutions.....	800-431-4135
Trillium Community Health Plan.....	877-600-5472
Umpqua Health Alliance.....	800-676-7735
Yamhill Community Care Organization.....	855-722-8205

If you have fee-for-service (FFS, also called Open Card), call the Nurse Advice Line at **800-562-4620**.



You can get this document in other languages, large print, braille or a format you prefer. Contact the Oregon Health Plan (OHP) at 800-273-0557. We accept all relay calls or you can dial 711 for TTY.

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DENTAL CARE FOR ALL OREGON HEALTH PLAN MEMBERS



Dental health is important. See your dentist to stay healthy and out of pain.

www.OHP.Oregon.gov



What is covered?

Here are some of the things that are covered. There may be a limit on how often you can have each one. Call your coordinated care organization (CCO) to learn more.

Care to keep your teeth healthy

- Cleaning and exam once a year
- X-rays
- Fluoride varnish (treatment that keeps teeth strong and healthy)
- Sealants for children and youth under age 16 (coating on back teeth to prevent decay)

Treatment for problems

- Fillings
- Extractions (having a tooth pulled)
- Dentures for youth over age 16 and adults
- Stainless steel crowns for back teeth (other crowns for children and youth under age 21 and pregnant women)
- Root canals on back teeth for children and youth under age 21

Emergency care

Help getting to dental appointments



How do I find a dentist?

If you have a coordinated care organization (CCO):

- Most Oregon Health Plan members have a coordinated care organization (CCO). A CCO connects your insurance plan and your doctors so all your care works together.
- **To find or change your dentist:** Call your CCO. The phone number is on the back of this brochure. If you do not know which CCO you have, call Oregon Health Plan Client Services at **800-273-0557**.
- **Do you have a dentist you like?** Call your CCO to see if there is a plan that works with your dentist.

If you have fee-for-service OHP (FFS, also called Open Card)

- Call the Nurse Advice Line at **800-562-4620**.

If you do not know if you have a CCO or FFS:

- Call Oregon Health Plan Client Services at **800-273-0557**.

(CAWEM covers dental emergencies only. CAWEM Plus for pregnant women has full dental coverage. Please report your pregnancy to OHP to get CAWEM Plus.)



How do I make an appointment?

- Call your dentist.
- Call early. It may take several weeks to get an appointment.
- If you will miss your appointment, call your dentist at least one day before. Be sure to reschedule.
- Do you need a free ride? Call your coordinated care organization (CCO) to learn how this works. Schedule the ride at least two days ahead.

What if I have an emergency?

Emergencies are things like strong tooth pain, a lot of blood in your mouth or a knocked-out tooth.

- Call your dentist right away.
- If you do not have a dentist or cannot reach your dentist, call your coordinated care organization (CCO).
- If you have a true emergency (like bleeding that won't stop) go to an emergency room.

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