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.

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.

- 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
- Primary/Health of Josephine County......800-471-0304
- Trillium Community Health Plan.........877-600-5472
- Umpqua Health Alliance..................800-676-7735
- Advanced Health..........................800-264-0014
- Willamette Valley Community Health.....866-362-4794
- Yamhill Community Care Organization...855-722-8205

**DENTAL CARE FOR ALL OREGON HEALTH PLAN MEMBERS**

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.

OHP 7224 (5/2018)
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.