

Dental plan phone numbers

Find the name of your plan on your CCO ID card or OHP coverage letter.

Access Dental.....	1-877-213-0357
Advantage Dental.....	1-866-268-9631
Capitol Dental.....	1-800-525-6800
CareOregon Dental.....	1-888-440-9912
Family Dental Care.....	1-866-875-1199
Kaiser.....	1-800-813-2000
Managed Dental Care of Oregon...	1-800-538-9604
ODS Community Health.....	1-800-342-0526
Willamette Dental.....	1-855-433-6825

Tips for a healthy smile

Dental disease is the number-one disease among children and is 100 percent preventable.

- Ask your dentist about fluoride and sealants to protect teeth and keep them strong.
- Even teens should see the dentist twice a year.

Tear out carefully and keep for dental care help.

CCO phone numbers

If you don't know your dental plan, call your CCO.

AllCare CCO.....	1-888-460-0185
Cascade Health Alliance.....	1-888-989-7846
Columbia Pacific CCO.....	1-855-722-8206
Eastern Oregon CCO.....	1-888-788-9821
FamilyCare Inc.....	1-800-458-9518
Health Share of Oregon.....	1-888-519-3845
InterCommunity Health Network...	1-800-832-4580
Jackson Care Connect.....	1-855-722-8208
PacificSource Community Solutions.....	1-800-431-4135
PrimaryHealth of Josephine County.....	1-800-471-0304
Trillium Community Health Plan	1-877-600-5472
Umpqua Health Alliance.....	1-800-676-7735
Western Oregon Advanced Health.....	1-800-264-0014
Willamette Valley Community Health.....	1-866-362-4794
Yamhill Community Care Organization.....	1-855-722-8205



OREGON HEALTH PLAN (OHP)
DENTAL BENEFITS

On OHP? You have dental coverage!

Your OHP dental plan

Plan phone number

Don't know if you're in a dental plan?

Call OHP Client Services: 1-800-273-0557 (TTY 711).



This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact Oregon Health Plan (OHP) at 1-800-273-0557 or 711 for TTY.

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Your dental coverage

If you have OHP, you have dental coverage.

- If you are enrolled in a coordinated care organization (CCO), you most likely have dental coverage. Each CCO works with local dental plans to provide dental care to members.
- If you are not enrolled in a CCO, you may get your dental care through a local dental care organization (DCO), or you may be on fee-for-service OHP, also called “open card.”

CCO dental coverage

If you have dental coverage through a CCO, your CCO will assign you to a local dental plan.

- You can choose or change your **dental plan** by calling your CCO. Let your CCO know if you have a regular dentist that you prefer.
- You can choose or change your **dentist** by calling your dental plan.
- If you do not know what your dental plan is, call your CCO.

DCO dental coverage

- A DCO dental plan gets paid to take care of your dental needs. Your DCO may give you a list of dentists to choose from, or choose one for you. Either way the goal is to connect you with a regular dentist.



- You can choose or change your **dentist** by calling your dental plan.

Fee-for-service dental coverage

If you have open card or fee-for-service (FFS) dental coverage, you will **not** be assigned to a dental plan. You will need to find a dentist that takes your Oregon Health ID card. OHP pays the dentist a fee for services the dentist gives you.



- Go to www.insurekidsnow.gov/state/oregon/oregon_oral.html to find an OHP dentist. Select the “Oregon Health Plan – Fee for Service” benefit plan.
- Call OHP Client Services, **1-800-273-0557**, for more help. You may be able to enroll in a DCO.

Complaints

Do you have a concern or complaint about your dental care? You can call your CCO (see back of this brochure) or your dental plan member services number (see the “Dental plan phone numbers” section), or call OHP Client Services at **1-800-273-0557**.

Your dental care

Get the most from your coverage

Make an appointment to see your dentist at least once a year even if you do not have an urgent need. Regular dental visits are important for your health.

If you have a dental emergency

A dental “emergency” requires immediate treatment. Examples include severe tooth pain, a knocked-out tooth or serious infection.

- If you have a dental emergency, call your dentist.
- If you can't reach or don't have a dentist, call your dental plan.
- In a true emergency, like bleeding that won't stop, you can go to an emergency room.

Keys to good oral health

- Visit your dentist regularly. Dental care is also safe and important during pregnancy.
- It's never too early to visit the dentist. Get your baby's teeth checked by age 1.
- Baby teeth are important. Wipe your baby's teeth and gums clean.
- Brush teeth twice daily with fluoride toothpaste. Young children need help with this. Don't forget to floss.
- Eat well. Avoid sugary foods and drinks.
- Drink fluoridated water or use fluoride supplements.
- Avoid tobacco products, including smokeless tobacco.



OREGON HEALTH PLAN (OHP)
DENTAL BENEFITS

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