

Your OHP Dental Plan: \_\_\_\_\_

Plan Phone Number: \_\_\_\_\_

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

Cut and keep  
for dental  
care help



# Oregon Health Plan dental benefits

## Enrolled with a dental plan?

Most OHP clients are enrolled with a dental plan. Your OHP Coverage Letter lists dental plans as Dental Care Organizations.

- Check page 2 of your OHP Coverage Letter. If it lists a dental plan for you or your child(ren), call your plan to find out how to make appointments.

## Dental plan customer service numbers

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



## Not enrolled with a dental plan?

- Go to [www.insurekidsnow.gov/state/oregon/oregon\\_oral.html](http://www.insurekidsnow.gov/state/oregon/oregon_oral.html) to find OHP dentists in your area. Select the "Oregon Health Plan - Fee for Service" benefit plan.
- Go to [www.oregondental.org](http://www.oregondental.org) to find out about dental clinics and other resources.

Your case worker and OHP Client Services cannot find dentists for you.

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

Call OHP Client Services at 1-800-273-0557 to find out.

## For any TTY service:

Dial 711.

Learn about:

- What OHP covers
- Your dental plan
- Finding a dentist



The Oregon Health Plan (OHP) works with 8 dental plans statewide.



Not in a dental plan? Your local dentist may work with OHP.



## Dental coverage for children and teens

### OHP provides dental services for children and teens under age 19.

Coverage includes:

- Check-ups and cleanings twice every 12 months;
- Fluoride and sealants to prevent tooth decay;
- X-rays, fillings and extractions; and
- Exams and treatment for urgent dental needs (such as severe tooth pain or a knocked-out tooth).



### Tips for a healthy smile

Dental disease is the #1 disease among children and is 100% preventable.

- Brush twice daily. Young children need help with this.
- Baby teeth are important! Wipe your baby's teeth and gums clean.
- Eat well. Avoid sugary foods and drinks.
- It's never too early to visit the dentist! Get your baby's teeth checked by their first birthday.
- Ask your dentist about fluoride and sealants to protect teeth and keep them strong.
- Even teens should see the dentist twice a year.



## Adult dental coverage

### Adult dental coverage is based on your benefit package(s).

Page 2 of your OHP Coverage Letter lists the benefit packages for each person in your household. If you are pregnant, call your case worker or OHP Client Services to make sure you have the right dental benefits.

Covered dental services for each package are marked with ✓	OHP Plus; OHP with Limited Drug	OHP Standard	CAWEM Plus
<b>Basic services</b> including X-rays, fillings and extractions.	✓		✓
Exams and treatment for <b>urgent/immediate dental needs</b> (such as severe tooth pain or a knocked-out tooth)	✓	✓	✓
<b>Other services*</b> (such as crowns, root canals, dentures, or gum surgery)	✓		✓

*\*Some of these services are limited to people who are under age 21 or pregnant.*

### Keys to good oral health

- Visit your dentist regularly. Dental care is also safe and important during pregnancy.
- Brush your teeth with fluoride toothpaste. Don't forget to floss!
- Drink fluoridated water or use fluoride supplements.
- Avoid tobacco products, including smokeless tobacco.

