

ALL OHP MEMBERS HAVE DENTAL COVERAGE

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

What is covered?

There may be a limit on how often you can have each service. Call www.OHP.Oregon.gov 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 15 (coating on back teeth to prevent decay)

Treatment for problems may include:

- Fillings
- Extractions (having a tooth pulled)
- Dentures (full every 10 years or partial every 5 years)
- Stainless steel crowns for back teeth (other crowns for children, adults 18-20, and pregnant women)
- Root canals on back teeth for children, adults 18-20, and pregnant women
- Emergency care
- In most cases, braces are *not* covered. Contact us to learn more.

Do you need a free ride to a dental appointment?

Call www.OHP.Oregon.gov Try to schedule a ride at least two days ahead. If you need an urgent ride, please call us.



www.OHP.Oregon.gov

To find a dentist:

- Call customer service at www.OHP.Oregon.gov
- You can also visit www.OHP.Oregon.gov

To make an appointment:

Call your dentist to set up a checkup or treatment. You can find their phone number in our provider directory or by calling customer service at www.OHP.Oregon.gov. You can also visit www.OHP.Oregon.gov

Tell the dentist's office:

- That you are a member of
- Which dental plan you have, if you know
- Why you want to see a dentist

Call early. It may take several weeks to get an appointment.

At your appointment:

Remember to take your ID card. If you will miss your appointment, call your dentist at least one day before. Be sure to reschedule.

Healthy teeth are important!

Dental care is important for everyone, at any age.

- See 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, fixing your dental issues can help you control your blood sugar.
- Some people feel nervous or embarrassed to see a dentist. If you do, call us. We can help.