Keep your teeth healthy.

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

- **Visit a dentist at least once a year,** even if your teeth are not 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 listed below. If you have questions, call the Oregon Health Plan: **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	541-229-4842
Yamhill Community Care Organization	855-722-8205

If you have fee-for-service (FFS), which is also called an "open card," call Acentra Health at 800-562-4620. If you don't know if you have a CCO or FFS, call OHP Client Services at 800-273-0557.

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.

Dental Care
for all Oregon Health Plan members

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

OHP.Oregon.gov

What does OHP cover?

Below are some of the things that OHP covers. There may be a limit on how often you can have each one.

Care to keep your teeth healthy

- Cleanings
- X-rays
- Fluoride treatments
- Screenings, checkups and follow-up care
- Fillings
- Extractions (having a tooth pulled)
- Dentures
- Crowns
- Root canals
- Orthodontics (for Early and Periodic Screening, Diagnostics and Treatment [EPSDT] beneficiaries) for cleft lip, cleft palate, and other conditions that affect chewing, speech and other functions.

How do I find a dentist?

If you have a Coordinated Care Organization (CCO):

- A CCO connects your coverage and your providers 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 (FFS), which is also called an "open card":

- Call Acentra Health 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.**

How do I make an appointment?

- Call your dental office.
- Call early. It may take several weeks to get an appointment.

- If you cannot go to your appointment, call your dentist at least one day before. Be sure to reschedule.
- Do you need a free ride? Call your CCO to learn how this works. Schedule the ride at least two days ahead. If you are in a CCO, learn more at **OHP.Oregon.gov/Rides**

What if I have a dental emergency?

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

- **Call your dentist right away.**
- If you do not have a dentist or cannot reach your dentist, call your CCO. If you have FFS, call **800-562-4620.**
- If you cannot see your dentist right away, and you are concerned, go to urgent care or to the emergency room.