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.

<table>
<thead>
<tr>
<th>Coordinated Care Organization (CCO)</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Advanced Health</td>
<td>800-264-0014</td>
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<tr>
<td>AllCare CCO</td>
<td>888-460-0185</td>
</tr>
<tr>
<td>Cascade Health Alliance</td>
<td>888-989-7846</td>
</tr>
<tr>
<td>Columbia Pacific CCO</td>
<td>855-722-8206</td>
</tr>
<tr>
<td>Eastern Oregon CCO</td>
<td>888-788-9821</td>
</tr>
<tr>
<td>Health Share of Oregon</td>
<td>888-519-3845</td>
</tr>
<tr>
<td>InterCommunity Health Network</td>
<td>800-832-4580</td>
</tr>
<tr>
<td>Jackson Care Connect</td>
<td>855-722-8208</td>
</tr>
<tr>
<td>PacificSource Community Solutions</td>
<td>800-431-4135</td>
</tr>
<tr>
<td>Trillium Community Health Plan</td>
<td>877-600-5472</td>
</tr>
<tr>
<td>Umpqua Health Alliance</td>
<td>800-676-7735</td>
</tr>
<tr>
<td>Yamhill Community Care Organization</td>
<td>855-722-8205</td>
</tr>
</tbody>
</table>

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

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 (01/2020)
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.