

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 to find OHP dentists in your area. Select the "Oregon Health Plan - Fee for Service" benefit plan.
- Go to 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
Basic services including X-rays, fillings and extractions.	✓		✓
Exams and treatment for urgent/immediate dental needs (such as severe tooth pain or a knocked-out tooth)	✓	✓	✓
Other services* (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.

