

## Oregon Health Plan dental benefits

---

On OHP?

You have dental  
coverage!

You can have this in large print, another language, or any way that works best for you. Please call 800-273-0557.

---

### Your dental coverage

---

#### Subtitle

If you have OHP, you have dental coverage.

- If you are enrolled in a CCO ([Coordinated Care Organization](#)), your dental coverage is most likely through [your CCO. Each CCO works with local dental plans to provide members dental care in their community. a local dental plan.](#)
- If you are not enrolled in a CCO, you may ~~still~~ get your dental care through a local dental ~~care organization plan~~ ([DCO](#)), or you may be [on fee-for-service OHP, also called "open card."](#)

#### CCO dental coverage

If you have dental coverage through a CCO, your CCO will assign you to a local dental plan.

- [You can choose or change your dental plan by calling your CCO. Let your CCO know if you have a regular dentist that you prefer.](#)
- [You can choose or change your dentist by calling your dental plan.](#)
- [If you do not know who your dental plan is, call your CCO.](#)

#### ~~DCO dental coverage~~Dental plan

- A [DCO](#) dental plan [gets paid to take care of all your dental needs. Your DCO](#) may give you a list of dentists to choose from, or choose one for you. Either way the goal is to connect you with a regular dentist.
- You can choose or change your **dentist** by calling your dental plan.

#### ~~Open Card~~[Fee-for-service](#) Dental Coverage

If you have open card ~~or~~ (fee-for-service ~~or~~ (FFS) dental coverage, you will **not** be assigned to a dental plan. You will need to find a dentist who takes your Oregon Health ID card. ~~open card~~. OHP pays the dentist a fee for services they give you.

- Go to [www.insurekidsnow.gov/state/oregon/oregon\\_oral.html](http://www.insurekidsnow.gov/state/oregon/oregon_oral.html) to find an OHP dentist. Select the “Oregon Health Plan – Fee for Service” benefit plan.
- Call OHP Client Services **1-800-273-0557** for more help. You may be able to enroll in a DCO.

### **Complaints**

If you have a concern or complaint about your dental care, you can call your CCO or your dental plan member services number (see the back of this brochure for numbers), or call OHP Client Services at 1-800-273-0557.

## Your dental care

---

### Get the most from your coverage

Make an appointment to see your dentist once or twice a year even if you do not have an urgent need. Regular dental visits are important for your health.

### If you have a dental emergency

A dental “emergency” requires immediate treatment. Examples include severe tooth pain, a knocked-out tooth, or serious infection.

- If you have a dental emergency, call your dentist.
- If you can't reach or don't have a dentist, call your dental plan.
- In a true emergency, like bleeding that won't stop, you can go to the Emergency Room.

### Keys to good oral health

- Visit your dentist regularly. Dental care is also safe and important during pregnancy.
- It's never too early to visit the dentist! Get your baby's teeth checked by their first birthday.
- Baby teeth are important! Wipe your baby's teeth and gums clean.
- Brush teeth twice daily with fluoride toothpaste. Young children need help with this. Don't forget to floss!
- Eat well. Avoid sugary foods and drinks.
- Drink fluoridated water or use fluoride supplements.
- Avoid tobacco products, including smokeless tobacco.

**Need help?  
Call your dental plan.**

---

**Dental plans that contract with CCOs:**

- Access Dental** 4-877-213-0357
- Advantage Dental** 4-866-268-9631
- Capitol Dental** 4-800-525-6800
- CareOregon Dental** 4-888-440-9912
- Family Dental Care** 4-866-875-1199
- Kaiser** [800-813-2000](tel:800-813-2000)
- La Clinica Health Care Dental** [541-312-5900](tel:541-312-5900)
- Managed Dental Care of Oregon** 4-800-538-9604
- ODS Community Health** 4-800-342-0526
- Willamette Dental** [855-433-6825](tel:855-433-6825)

Formatted: Font: Not Bold

**Tips for a healthy smile**

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

- Ask your dentist about fluoride and sealants to protect teeth and keep them strong.
- Even teens should see the dentist twice a year.

▼ **Cut and keep for dental care help**

-----

**Your OHP Dental Plan:**

\_\_\_\_\_

**Plan Phone Number:**

\_\_\_\_\_

**Don't know if you're in a dental plan?** Call OHP Client Services: 4-800-273-0557 (TTY 711).

**Don't know your dental  
plan? Call your CCO.**

---

**CCO phone numbers:**

**AllCare CCO** 1-888-460-0185  
**Cascade Health Alliance** 1-888-989-7846  
**Columbia Pacific CCO** 1-855-722-8206  
**Eastern Oregon CCO** 1-888-788-9821  
**FamilyCare Inc.** 1-800-458-9518  
**Health Share of Oregon** 1-888-519-3845  
**InterCommunity Health Network** 1-800-832-4580  
**Jackson Care Connect** 1-855-722-8208  
**PacificSource Community Solutions** 1-800- 431-4135  
**PrimaryHealth of Josephine County** 1-800- 471-0304  
**Trillium Community Health Plan** 1-877-600-5472  
**Umpqua Health Alliance** 1-800-676-7735  
**Western Oregon Advanced Health** 1-800- 264-0014  
**Willamette Valley Community Health** 1-866-362-4794  
**Yamhill Community Care Organization** 1-855-722-8205