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www.libertydentalplan.com/FLMedicaid

Adult Care

LIBERTY cares about more than just teeth!

health tip: Pregnancy and Oral Health

During pregnancy some women may find they are prone to pregnancy gingivitis. Pregnancy gingivitis is a mild form of gum disease that causes gums to be red, tender and sore. You can avoid gingivitis by keeping your teeth clean. Your dentist may suggest regular cleanings to help control gingivitis. If you see any changes in your mouth during pregnancy, see your dentist. If gingivitis is not treated, it can lead to more serious gum disease.

Oral health during pregnancy:

- You are much more likely to develop red, swollen and bleeding gums, which are all signs of gingivitis
- Even small lumps can appear along the gum line or between teeth
- Continue to see your dentist for regular checkups and dental cleanings to ensure oral health and to prevent or treat cavities that may arise
- Keep and maintain your oral hygiene habits

X-rays during pregnancy:

Pregnant women are often worried about x-rays during pregnancy. This is normal. In a lot of cases, your dentist may choose to wait from taking x-rays until after your pregnancy. Your dental office may check with your doctor before recommending x-rays.

Dental x-rays are sometimes needed if you have a dental emergency or need a dental problem diagnosed. Your dentist or hygienist will cover you with a lead apron that reduces radiation contact to the abdomen. Your dental office will also, whenever possible, use a lead collar to protect the thyroid from radiation.

Oral health:

Oral health is important for your overall health and the health of your baby. If you have any questions on how to brush and floss correctly, to ensure you're removing as much plaque and bacteria as possible, talk to your dentist, and he/she will show you how to correctly brush, floss and help you with oral health.

fact:

Pregnant women are more likely to develop gingivitis and other oral bacterial infections.
tip: Rinse between brushings

Check for red, swollen gums - a sign of gingivitis



Tip: Rinse between brushings

Rinsing 2x a day with a quality ADA approved mouthwash will keep your teeth, gums and mouth clean, while getting more protection in killing plaque bacteria

This is especially important if flossing is not part of your daily routine



This information is available for free in other languages. Please contact our customer service number at 1-833-276-0850 or TTY 1-877-855-8039 Monday through Friday from 8:00 a.m. to 8:00 p.m. (ET).

Esta información está disponible de forma gratuita en otros idiomas. Comuníquese con nuestro número de servicio al cliente al 1-833-276-0850 o TTY 1-877-855-8039, de lunes a viernes, de 8:00 a. m. a 8:00 p. m. (hora del este - ET).

Ransèyman sa a disponib gratis nan lòt lang. Kominike tanpri avèk sèvis kliyantèl la, swa nan 1-833-276-0850 oswa nan TTY 1-877-855-8039, lendi pou vandredi ant 8:00 a.m. a 8:00 p.m. (ET).

Queste informazioni sono disponibili gratuitamente anche in altre lingue. Contattare il nostro servizio clienti al 1-833-276-0850 o via TTY al 1-877-855-8039, dal lunedì al venerdì dalle 8:00 alle 20:00 (ET).

La présente information est disponible gratuitement dans d'autres langues. Veuillez prendre contact avec notre service à la clientèle au 1-833-276-0850 ou par TTY au 1-877-855-8039, du lundi au vendredi, de 8 heures à 20 heures (L'heure de l'Est - HE).

Вы можете получить данную информацию бесплатно на других языках. Для этого свяжитесь с нашим отделом по работе с клиентами по телефону 1-833-276-0850 или по телефону линии TTY 1-877-855-8039 с понедельника по пятницу с 8:00 часов утра до 8:00 часов вечера по восточному времени (ET).



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Discrimination is against the law. LIBERTY Dental Plan (LIBERTY) complies with all applicable Federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin, age, disability, or sex.

LIBERTY provides free aids and services to people with disabilities, and free language services to people whose primary language is not English, such as:

- Qualified interpreters, including sign language interpreters
- Written information in other languages and formats, including large print, audio, accessible electronic formats, etc.

If you need these services, please contact us at **1.833.276.0850** or **TTY 1.877.855.8039**.

If you believe LIBERTY has failed to provide these services or has discriminated on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with LIBERTY's Civil Rights Coordinator:

Phone: 888.704.9833
TTY: 800.735.2929
Fax: 888.273.2718
Email: compliance@libertydentalplan.com
Online: <https://www.libertydentalplan.com/About-LIBERTY-Dental/Compliance/Contact-Compliance.aspx>

If you need help filing a grievance, LIBERTY's Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1.800.368.1019, 800.537.7697 (TDD)
Online at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call (833) 276-0850 (TTY: (877) 855-8039). (English)

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم (833) 276-0850 (رقم هاتف الصم والبكم: (877) 855-8039). (Arabic)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (833) 276-0850 (TTY: (877) 855-8039). (French Creole)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (833) 276-0850 (TTY: (877) 855-8039).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (833) 276-0850 (TTY: (877) 855-8039)。 (Chinese)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (833) 276-0850 (TTY: (877) 855-8039). (French)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: (833) 276-0850 (TTY: (877) 855-8039). (German)

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો (833) 276-0850 (TTY: (877) 855-8039). (Gujarati)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (833) 276-0850 (TTY: (877) 855-8039). (Italian)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (833) 276-0850 (TTY: (877) 855-8039)번으로 전화해 주십시오. (Korean)

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (833) 276-0850 (TTY: (877) 855-8039). (Polish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para (833) 276-0850 (TTY: (877) 855-8039). (Portuguese)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (833) 276-0850 (TTY: (877) 855-8039). (Russian)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (833) 276-0850 (TTY: (877) 855-8039). (Spanish)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa (833) 276-0850 (TTY: (877) 855-8039). (Tagalog)

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร (833) 276-0850 (TTY: (877) 855 8039). (Thai)