



# Nevada Medicaid and Nevada Check Up Health & Wellness

Making members shine, one smile at a time™

WINTER 2021

Point your camera  
phone here to have  
instant access to  
LIBERTY's Nevada  
Medicaid website!



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## LIBERTY Members First

### Have you read your Member Handbook?

It contains important information about LIBERTY, its operations, and available dental services and benefits: We want our members to get the most out of their coverage. To view the most update version of the Member Handbook, visit [www.libertydentalplan.com/NVMedicaid](http://www.libertydentalplan.com/NVMedicaid). Or you can call Member Services toll-free at: **1.866.609.0418** (TTY: **1.877.855.8039**) to request a copy of the handbook.

### Updating Your Contact Information

Did you move or change your phone number? Contact the Division of Welfare and Supportive Services (DWSS) and let them know:

- Toll Free **1.800.992.0900**
- Northern Nevada **1.775.684.7200**
- Southern Nevada **1.702.486.1646**

If you have internet access, you can go online at <https://accessnevada.dwss.nv.gov/public/> landing-page and create an account to update your contact information.

### Your Rights & Responsibilities

LIBERTY members have specific rights and responsibilities. You can get a complete copy at any time here:

- Go to [www.libertydentalplan.com/NVMedicaid](http://www.libertydentalplan.com/NVMedicaid)
- Call Member Services **1.866.609.0418** (TTY: **1.877.855.8039**)

**Did you know?** If you qualify for special needs, you may have additional benefits available to you. Please call our Member Services Department at **1.866.609.0418** to see if you are eligible.



**Our Mission:** LIBERTY Dental Plan is committed to being the industry leader in providing quality, advanced and affordable dental benefits, focusing on member satisfaction. We are here to help guide you in making the most of your dental benefits.

LIBERTY pledges to support you through the excellent customer service you deserve.

### Visit us with your questions at:

[www.libertydentalplan.com/NVMedicaid](http://www.libertydentalplan.com/NVMedicaid)

Call us toll-free: **1.866.609.0418** (TTY: **1.877.855.8039**)

Text 'Talk' to 22925 for assistance from a Dental Wellness Advocate between 5am-4pm PST, Monday through Friday



### LIBERTY Dental Plan Health&Wellness Guide

Produced for the State of Nevada Medicaid members of Clark and Washoe Counties by LIBERTY Dental Plan of Nevada.

EDITORIAL Laurie Curfman

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## Reporting Fraud, Waste, or Abuse

Health care fraud, waste, and abuse cost taxpayers billions of dollars each year: It includes, making of intentional false statements, misrepresentations, or deliberate omissions of material facts from any record, bill, claim, or any other form for the purpose of obtaining payment, services, or any type of compensation for health care services you're not entitled to.



### Some types of health care fraud are:

- Using someone else's ID card to get a service or product
- Loaning, selling, or giving your ID card to someone
- Doctors billing for a service not performed, or a service or product not needed
- Falsifying eligibility information to gain coverage
- Seeking prescriptions for opioids or controlled substances not medically necessary
- Providers writing prescriptions for opioids or controlled substances which are not medically necessary

You may remain anonymous and all information received will be treated as confidential, and the results of investigations will only be discussed with persons having a legitimate reason to receive the information.

**To report fraud, waste, abuse, unethical business practices or illegal activity –** regarding our Plan, our providers, vendors, or members contact our **Special Investigations Unit**:

- **Confidential Hotline:** 1.888.704.9833
- **E-mail:** [siu@libertydentalplan.com](mailto:siu@libertydentalplan.com)
- **Compliance Hotline:** 1.888.704.9833
- **E-mail:** [compliance@libertydentalplan.com](mailto:compliance@libertydentalplan.com)
- **Mail:** LIBERTY Dental Plan Compliance Department, 340 Commerce, Suite 100, Irvine, CA 92602

### Visit our website where you can:

- **Browse featured videos and topics**
- **Find a dentist**
- **View our extensive library of oral health resources:**  
<https://oralhealthcenter.libertydentalplan.com/index.php>



## What Is a Dental Home?

A “Dental Home” is a place where children and adults can receive regular, comprehensive and compassionate dental care for life.

Families are encouraged to establish and build a relationship with their dental office – an environment that encourages members of the family to have regular dental checkups to ensure their oral health is in check to maintain a clean, healthy and happy mouth.

Benefits of establishing a Dental Home:

- Patients become familiar and comfortable with the dentist and his office staff, and can ask questions to learn how to properly maintain a healthy mouth
- Promotes early and regular access to preventive and routine dental services
- Increases continuity of care, prevention, dental and overall health
- Decreases duplication of dental services caused by seeking dental care from multiple dental offices

The American Academy of Pediatrics (AAP), the American Dental Association (ADA), and the American Academy of Pediatric Dentistry (AAPD) all recommend establishing a Dental Home for your child by one year of age.

Children who have a dental home are more likely to receive appropriate preventive and routine care. A well-established Dental Home also includes appropriate referrals to dental specialists.

With the rising incidence of tooth decay among young children, having a Dental Home can be essential in promoting preventive care. In addition to implementing lifelong oral health at home, establishing and maintaining an ongoing

## Fact: Children learn Oral Health from their parents

Your home is your second Dental Home – Establish a daily routine of brushing your teeth in the morning and before bed and set aside a time to floss your teeth. Teach your children to do the same.

relationship between the dentist and the patient is imperative. The Dental Home is an open door to all aspects of oral health care delivered in a comprehensive, continuously accessible, coordinated, and family-centered way.



### If you need help getting a ride

MTM is the Nevada non-emergency medical transportation (NEMT) manager. MTM arranges rides for eligible Medicaid members. Book rides online through the MTM Link, or call **1.844.879.7341** at least three (3) business days before your appointment. You can book a trip 24 hours a day, 7 days a week. Regular trips are for Monday through Saturday from 7 am. to 6 pm.

### When you call please have:

- Your full name and Medicaid ID number
- Your home address and phone number
- Your dentist's name, phone number, and address
- The date and time of your appointment
- Any special needs or circumstances

Visit [www.mtm-inc.net/nevada](http://www.mtm-inc.net/nevada) to learn more.



# Warm Winter Recipe:

## 3-Can Chili

(only 4 ingredients required)



The winter season is a great time to make whole-hearty soups, crock pot stews, and chili. We also have to consider budgets during the winter as the holidays sneak up. But don't fret! It's possible to continue eating healthy while on a budget. Below is a simple, budget-friendly chili recipe provided by U.S. Department of Agriculture's My Plate.

This recipe is also high in calcium and potassium – Calcium helps keep the outer enamel layer of your teeth strong by defending against erosion and cavities. Potassium is important in many ways but most of all, it helps lower blood pressure!

Makes: 6 servings

### Ingredients

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste)

### Directions

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

Source:

Colorado State University and University of California at Davis. Find more recipes here:

[MyPlate | U.S. Department of Agriculture](#)



**1 Can Beans:**  
black, pinto,  
red, or kidney



**1 Can Corn:**  
drained,  
or frozen



**1 Can Tomatoes:**  
crushed





## Helpful Resources and Links



### Get the most of your LIBERTY Dental membership! Follow these 3 simple steps:

1. Choose to create an account online or download our app.
2. Find, select, or change your dental home
3. Sign-up for email/texts at: <https://bit.ly/3j2iqil>

Sign-Up Online at: [www.libertydentalplan.com/memberportal](http://www.libertydentalplan.com/memberportal)  
You will be asked to provide your name, date of birth, and email address. After choosing your username and password, click Create Account.

OR

The app allows you to:

- ▷ Find, select, or change your dental home
- ▷ View plan benefits
- ▷ View and download a digital ID card
- ▷ Request assistance

Scan QR Code with a smart phone camera to download our LIBERTY Dental Mobile App:



Follow us on social media for oral health tips & local events near you! **Tag us:** #LIBERTYLovesMySmile:



LIBERTY Dental Plan of Nevada



@libertydentalplannv

LIBERTY's Community Smiles Program helps individuals search for local and free or reduced cost services like food, housing, transportation, job training and more.

Please visit: <https://communityresources.libertydentalplan.com>

