



Nevada Medicaid and Nevada Check Up Health & Wellness

Making members shine, one smile at a time™

SUMMER 2022

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



LIBERTY's Case Management & Care Coordination Program:
the right setting
the right providers
in the right time

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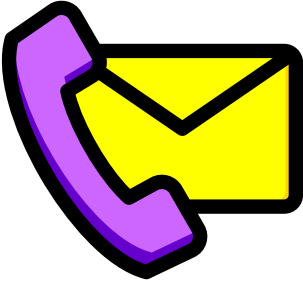
LIBERTY Members First



Have you read your **Member Handbook**?

The Member Handbook is a summary of the dental services available to you. It contains important information regarding LIBERTY and its operations. We want you to understand your dental program and its benefits and services. To view and read your member handbook or see the changes to your handbook, visit our website at www.libertydentalplan.com/NVMedicaid or call Member Services toll-free at **1-866-609-0418** (TTY: **1-877-855-8039**) to request a copy of the handbook at no cost to you.

Protect Your Coverage By Updating Your Contact Information



The Division of Welfare and Supportive Services (DWSS) will restart eligibility reviews. Don't risk a gap in your Medicaid or Nevada Check Up coverage. Make sure that your contact information is updated to receive important information about your benefit eligibility.

What To Do

1. Make sure your contact information is up to date.
2. Check your mail for a letter.
3. Get ready to renew your coverage.

How to update your contact information:

1. Through the [Access Nevada Portal](#)
2. Visit a [Northern or Southern Nevada Office](#)
3. Complete this [form](#) and email to: welfare@dwss.nv.gov
4. Call: **702-486-1646**



DID YOU KNOW?

LIBERTY offers FREE interpretation services in 150 languages?

For more information, please refer to your Member Handbook. To request interpreter and translation services, please call Member Services toll-free at:

1-866-609-0418 (TTY 1-877-855-8039)



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.

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Follow us on social media for oral health tips & local events near you!

Tag us: #LIBERTYLovesMySmile:



LIBERTY Dental Plan of Nevada



@libertydentalplannv



CELEBRATING

20
YEARS

LIBERTY Dental Plan Celebrates 20 Years of making members shine, one smile at a time.

Founded in January 2002, LIBERTY's President and CEO, Amir Neshat, DDS purchased a small dental insurance company based in California with a few hundred members, with the goal of improving health outcomes for its members and local communities. **As of April 2022, LIBERTY administers to over 6 million members in all 50 states.** "We grew organically," reflected Dr. Neshat. "What started in California expanded to other states and programs based on our reputation and ability to deliver value to our clients." Over the last 20 years, Dr. Neshat expanded the team to include some of the nation's leading clinicians and business leaders. Today, LIBERTY's team has grown to over 1,200, working out of operational centers in New York, New Jersey, Florida, Oklahoma, and

We set out to do things differently. We are a dental wellness organization that puts the member first.

– Dr. Amir Neshat



Nevada, in addition to the Irvine, California headquarters. LIBERTY remains unique for its integration of dentists throughout the

organization, which has driven the implementation of innovative programs over its two-decade history.

Dr. Neshat adds, "We know that when our members are healthy, we improve the well-being of our communities and reduce the costs and resources associated with preventable conditions and diseases."

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.



Case Management & Care Coordination Program

LIBERTY's **Case Management and Care Coordination Program** establishes an on-going relationship with our members to enhance the quality of care and member satisfaction. LIBERTY's Case Management and Care Coordination Program is available to individuals enrolled into a LIBERTY plan who require a heightened level of assistance to coordinate dental care to achieve optimal health and wellness and functional capabilities.

The overall goal of LIBERTY's program is: to assist special needs members to receive the highest level of oral health, in the right setting based on their specific needs, utilizing the right providers, in the right time frame, and in a cost-effective manner. The member is assigned a Care Team (nurse case manager and care coordinator) who works directly with the member. The nurse case manager completes a comprehensive



assessment of risks to determine a member's condition and dental and medical needs. This includes oral health and social determinants of health. A determination is then made regarding available benefits and resources. A nursing care plan with performance goals, monitoring, and follow-



up is then developed and implemented. The Care Coordinator works with the Nurse Case Manager to assist member with locating a provider, appointments, transportation, and requests for medical and dental records. They will also review claims, authorizations, and outreaching to the member's health plan along with any other tasks needed to assist member with care.

Get the most from your membership!

<https://www.libertydentalplan.com/Members/LIBERTY-Mobile.aspx>

With our mobile app you can:



Search for dentists in your area



Check your eligibility



Check your dental benefits usage



View your electronic ID card

And much more!



How Do I Get Dental Care Specific to my Needs?

Fill out an “Oral Health Risk Assessment” (OHRA) form is all you have to do

LIBERTY would like to know how to best meet your individual oral health needs. The OHRA is designed to help us better understand your dental needs so that you can receive access to proper care.



Did you know the OHRA must be completed within 90 days of your membership? Completing the OHRA is easy. You can scan the QR code with your mobile device or visit this link to get started:

<https://memberohra.libertydentalplan.com/>

Don't have access to the Internet?

You can find a copy of the OHRA in your member handbook. Just fill out the paper form and mail it back to us at the address below. You can also call 1-866-609-0418 (TTY 1-877-855-8039) to complete the OHRA with a live agent over the phone.

LIBERTY Dental Plan,
P.O. Box 26110,
Santa Ana, CA, 92799-6110.

Go to link by scanning
with your smartphone



OHRA:

Oral Health Risk Assessment is a tool for creating the best outcomes for our members' future dental health. It is based on your basic daily oral habits and other factors along with more clinical information provided by your dentist.



Community Smiles Program

This LIBERTY 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>



Oral Health & Nevada's Tribal Communities

Babies & Toddlers

Baby Bottle Tooth Decay

Baby Bottle Tooth Decay is a significant issue in tribal communities. It is commonly caused by giving children liquid that contains sugar at nap or bedtime.

Prevention Tip: Avoid filling bottles with sugar water or soft drinks. When using fruit juice, use a half juice/half water mixture.



School Aged Children

Tooth Decay

Tooth decay happens when bacteria breaks down the tooth enamel creating tiny openings or holes. Many children miss school due to tooth pain or avoid laughing and smiling because of the way their teeth look.

Prevention Tip: Brush your teeth with fluoride toothpaste to help strengthen the enamel on your teeth & protect them from bacteria-causing decay.

Prevention Tip:

Regular dental visits are important as treating gum disease can help improve blood sugar control in patients with diabetes.

Teens

Tobacco Products

By middle school and high school, many teens have already been introduced to tobacco products like cigarettes. The use of tobacco products can lead to oral cancer, gum disease, and other oral health problems.

Prevention Tip: Educate teens on the dangers of tobacco use.



Adults & Seniors

Chronic Diseases

In adulthood, poor oral health can contribute to chronic diseases, such as heart disease, diabetes, and cancer.



Nutrition:

Garden Harvest Soup

(cooks in less than 30 minutes)

Looking to make healthier food choices?

Try this low cost, easy to make summer soup as a tasty & healthy choice that is packed full of veggies & flavor!



Adjust the veggies in this soup based on what you have in

your refrigerator. Get creative with your veggie combination!

Ingredients

- 1 tsp olive oil
- 2 cups vegetables (uncooked, chopped, such as any combination of bell peppers, carrots, green beans, yellow summer squash or zucchini)
- ¼ cup onion (finely chopped)
- 1 tsp Italian seasoning blend (crumbled)
- 2 cups low sodium chicken broth (low-sodium vegetable broth or fat-free, low-sodium)
- 1 cup fresh spinach leaves (loosely packed, coarsely chopped)
- 1 tbsp Parmesan cheese (shredded or grated)

Directions

1. In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom.

Cook the 2 cups chopped vegetables, onion, and seasoning blend for 8 to 10 minutes, or until tender-crisp, stirring occasionally. (If the vegetables get dry or start to scorch, add a little water to the saucepan.)

2. Stir in the broth. Increase the heat to medium high and bring to a boil. Reduce the heat and simmer for 15 minutes so the flavors blend, stirring occasionally. Stir in the spinach and heat until wilted. Remove from heat and serve into bowls. Sprinkle each serving with Parmesan cheese.

3. Tips: Chop firmer vegetables, such as carrots, into smaller pieces than more tender vegetables, such as zucchini, so all the vegetables will cook at about the same rate. If you want this dish to be vegetarian, be sure to use vegetable broth instead of chicken broth.

Source: <http://www.intechnic.com>, I. (n.d.). Garden Harvest Soup. Diabetes Food Hub.

