

Winter 2022

Nevada Medicaid and Nevada Check Up

# Health & Wellness

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### 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/services. To view and read your member handbook or see the changes to your handbook, visit our website at [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 at no cost.

### Oral Health Risk Assessment (OHRA)

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 is to be completed within 90 days of your membership? Completing the OHRA is easy. You can scan the QR code with your mobile device or you can visit <https://memberohra.libertydentalplan.com/> to get started.



**Don't have access to the Internet?** You can find a copy of the OHRA in your member handbook. Fill out the paper form and mail it back to us at the address below.

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

You can also call **1-866-609-0418** (TTY **1-877-855-8039**) to complete the OHRA with a live agent over the phone.



### Prepare now for the end of the Public Health Emergency

It is important to keep your contact information up to date with the Department of Welfare and Supportive Services (DWSS). If you have not had a renewal of eligibility with DWSS since the start of the Public Health Emergency, you may need to take action. You may use your Access Nevada account's Report My Changes link or you can use the form located here: <http://dhcfp.nv.gov/UpdateMyAddress/>

#### 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**)

#### LIBERTY Dental Plan Health & Wellness Guide

Produced for the State of Nevada Medicaid and Nevada Check Up members of Clark and Washoe Counties by LIBERTY Dental Plan of Nevada  
LIBERTY Dental Plan of Nevada  
PO Box 401086, Las Vegas, NV 89140  
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#### 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.



### Healthy Behaviors Program:

Did you know that Nevada Medicaid members ages 0-20 who have not seen a dentist in the last 12 months and complete a dental checkup or preventive service in-person or virtually are eligible to receive a **\$25 gift card**? Check out our Healthy Behaviors Program for more information! [Click here!](#)

**LIBERTY'S TeleDentistry** offers 24/7 remote access to a dentist, 365 days per year, through the convenience of a smartphone app or a computer. We use staff dental clinicians and a secure audio/video smartphone app to triage members' needs, provide consultation and advice on therapeutic remedies, and provide prescriptions, as needed. Find out more information about LIBERTY'S TeleDentistry and learn how to stay connected to your dental home from the comfort of your home. [Click here or scan QR code.](#)



### Access LIBERTY's Clinical Criteria

If you have questions or would like to access the clinical criteria used to make the decision of your dental services, please contact LIBERTY's Member Services Department toll-free at **1-866-609-0418** (TTY: **1-877-855-8039**). Business hours are Monday through Friday 5:00 am to 5:00 pm PST. You may also obtain a copy of LIBERTY's clinical criteria online: <https://www.libertydentalplan.com/Members/Forms-Literature.aspx>



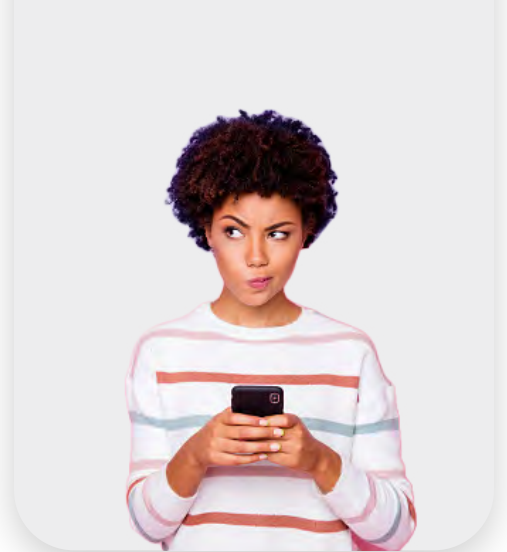
### When should you obtain a prior authorization?

- If your dental care will be extensive, you may ask your primary care dentist to complete a prior authorization. This will allow you to know in advance what procedures are covered or not covered by LIBERTY. Please be sure to talk to your dentist about alternative covered services. You may be financially responsible for services not covered by LIBERTY.
- A prior authorization is not a guarantee of payment. When the services are complete and a claim is received for payment, LIBERTY will review the claim based on your eligibility status and benefits at the time services are rendered.
- You have rights to file an appeal of your services, should you not agree with LIBERTY's decision(s). Please refer to your Member Handbook for details on how to file an appeal or you may contact LIBERTY's Member Services Department toll-free at **1-866-609-0418** (TTY: **1-877-855-8039**). Business hours are Monday through Friday 5:00 am to 5:00 pm PST. You may also visit us online by using the link below for more information. [Nevada Medicaid Member Documents And Resources.](#)

## Report Dental Identity Theft

Medical or Dental identity theft is when someone steals or uses a member's personal information (name, Social Security number, or Medicare/Medicaid number) to submit fraudulent claims to Medicare/Medicaid and other health insurers without the member's authorization. Medical/Dental identity theft is a crime. LIBERTY encourages our members to report suspected medical/dental identity fraud to LIBERTY's Special Investigation Unit by emailing:

**SIU@libertydentalplan.com** or calling our anonymous Fraud, Waste, Abuse (FWA) hotline at **1-888-704-9833**.



## Affordable Connectivity Program

The Affordable Connectivity Program is a Federal Communications Commission (FCC) benefit program that helps ensure households can afford the broadband internet they need for work, school, healthcare, and more. The benefit provides a discount of up to **\$30/month** toward internet service for eligible households and up to **\$75/month** for households on qualifying Tribal lands. That's a savings of **\$360 per year** or more for qualifying households! Get more information here: <https://www.fcc.gov/acp>.



### Who is Eligible for the Affordable Connectivity Program?

- Anyone with income that is at or below 200% of the federal poverty guidelines
- Participates in one of these assistance programs: Free and Reduced-Price School Lunch Program or School Breakfast Program, including through the USDA Community Eligibility Provision; SNAP; Medicaid; Federal Public Housing Assistance; SSI; WIC; Veterans Pension or Survivor Benefits; or Lifeline
- Participates in Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based)
- Received a Federal Pell Grant during the current award year
- Meets the eligibility criteria for a participating provider's existing low-income program

Find out if you qualify and how to participate. Visit [fcc.gov/ACP](https://www.fcc.gov/ACP)



# Mental Health & Oral Health

There is a close connection between the health of the body and that of the mind. There is further evidence to suggest those who experience mental illness also suffer with poor oral health. Some of the most common mental illnesses that can have a negative impact on a person's oral health include anxiety and panic attacks, depression, eating disorders, obsessive-compulsive disorder, self-harm, schizophrenia and psychosis.



Some of the main issues for those suffering with mental illness include:

- **Neglect:** Research has shown that those suffering from mental illnesses tend to avoid dental care so much that their oral hygiene is neglected. This can result in gum disease and tooth decay.
- **Anxiety:** Many people suffer from some form of dental phobia and as a result, stop seeing their dentist regularly. Infrequent dental visits can have a severe impact on oral health.
- **Eating disorders:** Those who suffer from conditions such as Bulimia often experience dental erosion from the acidity in vomit. Low levels of calcium are also common, which could affect the health of the teeth.
- **Brushing actions:** Over-vigorous brushing actions by those with bipolar and similar disorders could result in them brushing away the enamel on the surface of the tooth.
- **Medication:** May produce adverse oral effects, especially dry mouth, which is because of reduced saliva flow.

It is important for care givers to be aware of the link between oral health and mental health. Those people suffering with mental health issues should understand the value of good oral health and be motivated to maintain good dental habits.

### Keeping Oral Health in Mind

Taking care of your oral health can support feelings of wellbeing. It is important to create a positive daily routine by brushing twice a day, drinking lots of water and reducing your intake of sugary foods and drinks. Be aware of the factors that affect your oral health and know where to go to get the best help and advice.



### Three key messages:

- Brush last thing at night and at one other time during the day with a fluoride toothpaste.
- Reduce the amount and how often they have sugary foods and drinks.
- Visit the dentist regularly, as often as they recommend.

As a care giver, you should also play a role in helping those with mental illness to understand the harmful effects of smoking tobacco, drinking alcohol to excess and drug use. By encouraging a healthier lifestyle, supporting them in a positive daily routine and making them feel more comfortable with accessing dental care, you can effectively manage the oral health of a person suffering with mental illness. Visit the link below for more information.

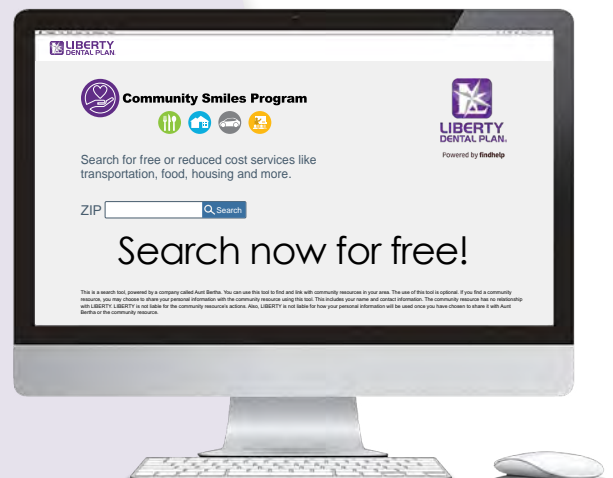
<https://www.dentalhealth.org/mental-illness-and-oral-health>

## Community Smiles

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>

Mental Health is extremely important for overall health and this time of year can be difficult for many people. It's the time where people may experience feeling alone and disconnected from others, what some call 'the Winter Blues.' It is more important than ever to be able to connect to resources and services during this time.







## How to Roast A Fully Cooked Whole Turkey

Whether you're cooking your first turkey, cooking for your home, or for a large gathering, lower your stress levels with this step-by-step recipe for roasting a turkey! Fully cooked turkeys are an easy way to get a great tasting meal on the table in less time.

**Cooking Times** (regular oven at 350°)

Weight	Cook Time Baked (Thawed)	Cook Time Smoked (Thawed)
8-10 lbs	45-90 minutes	45-90 minutes
10-14 lbs	60-90 minutes	60-90 minutes
14-18 lbs	90-120 minutes	90-120 minutes

## Instructions

1. Preheat oven to 350° F. Remove wrapper.
2. Place thawed turkey, breast side up, on flat rack in shallow roasting pan 2 to 2½ inches deep. DO NOT stuff.
3. Brush or spray skin lightly with vegetable or cooking oil for best appearance.
4. Insert oven-safe meat thermometer deep into the thigh without touching the bone.
5. Begin checking the turkey for doneness about 30 minutes before the recommended cook time.
6. Your turkey is done when the meat thermometer reaches 140°F in thigh.
7. Carve and serve immediately.

Courtesy of [www.Butterball.com](http://www.Butterball.com)

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