

Nevada Medicaid and Nevada Check Up Health & Wellness Guide

Summer 2023



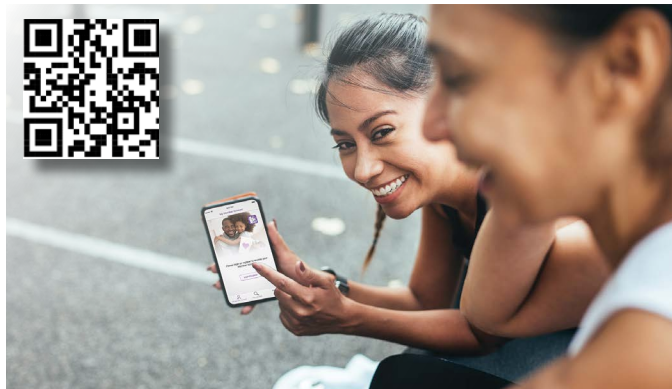
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Have you read your Member Handbook?

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 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.

Visit us with your questions at:
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
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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.

Updating your contact information is important to project your coverage.

The Division of Welfare and Supportive Services (DWSS) has begun redeterminations. 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.



Scan the QR code to update your information.



Join our Member Advisory Committee

LIBERTY wants to hear from you. Once a quarter, we meet to discuss how well we are performing and how we can improve. The committee is made up of members, LIBERTY's Dental Director, and other support staff. We are looking for members who would like to join our committee.

You will take part in:

- Suggesting ways to improve the Plan's programs and services
- Reviewing reports on the Plan's quality and finances
- Helping to set policies that affect you

You will be paid for every meeting you attend. If you're interested in the chance to participate, please contact LIBERTY at:

- Phone: Call **1-866-609-0418** (TTY: **1-877-855-8039**), and ask about taking part in the Member Advisory Committee
- Email us at: **QM@libertydentalplan.com**



The human body is approximately **60% water**. Water is an essential resource that is needed by the body to carry out the necessary functions to stay alive. Without enough water, the body is unable to function at its best and serious problems can occur if one goes without water for too long.

In addition to keeping your body hydrated and properly functioning, drinking enough water daily is also important for your oral health. Drinking water offers various oral health benefits such as:

- Keeping the mouth clean
- Strengthens the enamel
- Prevents dry mouth

Tips for Drinking More Water

- Flavor it with fresh fruit
- Make it into a routine
- Take it to go
- Alternate other drinks with water



Follow these tips to keep yourself and your loved ones properly hydrated. Here's an easy infused water recipe to increase your daily water intake and make drinking water tastier and not feel like a chore.

Strawberry Lemon Infused Water

- 4-5 strawberries halved
- 4-5 slices lemon seeds removed, with peel
- 1 quart (4 cups) cold or room temperature water

Instructions

1. Add the fruit, spices, and/or herbs to the bottom of a sealable bottle or 1 quart mason jar.
2. Pour in cold water.
3. Stir to mix well.
4. Let the water get infused at room temperature for 1-2 hours or refrigerated for about 3-4 hours before drinking it. (Allowing it to sit for up to 8 hours will make it strong if you prefer that.)
5. If you didn't get to drink your water within 12 hours, remove the fruit at that point and store without the fruit so the flavor doesn't become too powerful and overwhelming. You can store it in the fridge for a couple days that way.
6. Enjoy!

www.asweatpeachef.com/infused-water-recipe



Pregnancy & Oral Health

Did you know?

LIBERTY offers value-added benefits for our eligible pregnant members! In addition to the covered adult dental services, pregnant members age 21 or over, can receive additional teeth cleanings and other restorative services under certain guidelines.



What is dental health and how does it affect pregnancy?

Dental health (also called oral health) is the health of your mouth, teeth, and gums. It's an important part of your overall health. And if you're pregnant, it's an important part of your prenatal care (medical care you get during pregnancy). Being pregnant can increase your risk for oral health problems, and these problems can affect your pregnancy. For example, some studies show a link between gum disease and premature birth. Preterm birth is birth that happens too early, before 37 weeks of pregnancy. Preterm babies may have more health problems at birth and later in life than babies born full term. Taking good care of your mouth, teeth, and gums during pregnancy can help you have a healthy pregnancy and a healthy baby.

How does pregnancy affect your dental health?

Changes in your body during pregnancy can affect your teeth and gums. For example:

- You have increased levels of certain hormones, like progesterone and estrogen, in your body during pregnancy. These can increase your risk for oral health problems.
- Your eating habits may change. You may eat more of certain foods during pregnancy than you did before you were pregnant. The kinds of food you eat can affect your dental health. During pregnancy some people develop a condition called pica. This causes them to eat things that can harm their oral health, such as large amounts of ice or even non-edible things.
- You may brush and floss your teeth less than you did before you got pregnant. This may be because your gums are tender. For some pregnant people, brushing and flossing may cause nausea (feeling sick to your stomach).

These changes can increase your risk for certain dental problems during pregnancy, such as cavities (also called tooth decay or caries). These are small, damaged areas in the surface of your teeth. Being pregnant makes you more likely to have cavities. You can pass the bacteria that causes cavities to your baby during pregnancy and after birth. This can cause problems for your baby later in life.

What are signs and symptoms of dental problems during pregnancy?

If you have any signs or symptoms of dental problems, call your dentist, or ask your prenatal provider to refer you for dental care. Signs of a condition are things someone else can see or know about you, like you have a rash or you're coughing. Symptoms are things you feel yourself that others can't see, like having a sore throat or feeling dizzy.



Signs and symptoms of dental problems include:

- Bad breath
- Loose teeth
- Mouth sores or lumps on the gums
- New spaces between your teeth
- Receding gums (when your gums pull away from your teeth so you can see roots of your teeth) or pus along your gumline (where your gums meet your teeth)
- Gums that are red, swollen, tender or shiny; gums that bleed easily
- Toothache or other pain

If you have pain or swelling, call your dentist right away. If you have an infection, you need quick treatment to help prevent problems for your baby.

How can you prevent dental problems during pregnancy?

Get regular dental checkups before and during pregnancy. At your checkups, tell your dentist:

- If you're pregnant or planning to get pregnant
- About any medicine you take. This includes prescription and over-the-counter medicines, supplements, and herbal products.
- If your pregnancy is high-risk. High-risk means that you, your baby, or both of you are at increased risk for problems during pregnancy. Your pregnancy may be high-risk if you have a chronic health condition, you have complications from a previous pregnancy or you have other conditions that can harm your health or the health of your baby.
- If your prenatal care provider has talked to you about your oral health.

What can you do to help prevent dental problems?

Here's how you can help keep your teeth and gums healthy:

- Brush your teeth with fluoride toothpaste twice a day and floss once a day. Use a toothbrush with soft bristles. Regular brushing and flossing can remove plaque and help keep your teeth and gums healthy.
- If you can't brush your teeth because of vomiting, use antacids or rinse your mouth with a mixture of 1 teaspoon baking soda in 1 cup of water. Rinsing can help reduce the amount of acid in your mouth. Antacids are medicines that help neutralize stomach acid. You can buy them over the counter without a prescription from your provider. But don't take any medicine—even OTC medicine—without talking to your provider first.
- Visit your dentist for a regular dental checkup every **6 months (twice a year)**, even during pregnancy. At your checkup, tell your dentist that you're pregnant.
- Eat healthy foods and limit sweets. Healthy foods include fruits and vegetables, lean meat, whole-grain breads and pasta and low-fat dairy products. Limit sweets and sugary foods and drink water instead of sugary drinks. Eating healthy foods helps give you and your growing baby important nutrients. Your baby's teeth start developing between 3 and 6 months of pregnancy. Nutrients like calcium, protein, phosphorus, and vitamins A, C and D, help your baby's teeth grow healthy.
- If you're craving things like large amounts of ice, paste or dirt let your prenatal provider know.
- Don't smoke. If you need help to quit, tell your health care provider.

Dental checkups before and during pregnancy are important so your dentist can find and treat dental problems early. Regular teeth cleanings help keep your teeth and gums healthy.

www.marchofdimes.org/find-support/topics/pregnancy/dental-health-during-pregnancy



LIBERTY provides community outreach to its members. Community Outreach is provided by a **Health Education and Resource Team (H.E.A.R.T.)**. This team applies oral health expertise and commitment to promote dental benefit utilization, coverage literacy, and empowerment to better one's oral health practices and overall health.

- How to reach a LIBERTY Nevada H.E.A.R.T. Representative:
- If you have questions regarding community outreach events, and activities, please contact LIBERTY's H.E.A.R.T. team by emailing: **NVHEART@libertydentalplan.com**
 - Connect with us on social media by liking our page on Facebook at **LIBERTY Dental Plan of Nevada** and following us on Instagram **@libertydentalplannv**. Stay up to date with local events and healthy tips by searching and tagging **#LIBERTYLovesMySmile**

Check out our Community Partner Spotlight
<https://fb.watch/jz1Eve04NK/?mibextid=RUBZ1f>

-  **@LIBERTY Dental Plan of Nevada**
-  **@libertydentalplannv**
-  **@LIBERTY Dental Plan**
-  **@LIBERTY_Dental**

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>

