

Nevada Medicaid and Nevada Check Up

Making members shine, one smile at a time™

- 2 Member Handbook
- 3 Oral health: A window to your overall health
- 5 How can I protect my oral health?
- 6 Complete an Oral Health Risk Assessment (OHRA), Liberty's Case Management Program
- 7 Liberty wants to hear from you!
- 8 Simple chili recipe



Member Handbook

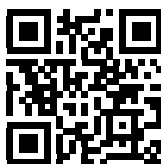
The Member Handbook is a summary of the dental services available to you. It contains important information regarding Liberty and its operations. We want you to understand your dental program and its benefits/services. To view and read your member handbook, visit our website at www.Libertydentalplan.com/NVMedicaid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

KEEPING YOUR CONTACT INFORMATION CURRENT IS KEY

Do not risk a gap in your Medicaid or Nevada Check Up coverage. Make sure that your contact information is updated with the Division of Welfare and Supportive Services (DWSS) 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 about your coverage.
3. If you get a renewal form, fill it out and return it by the deadline in the letter.



Call **702-486-1646**, follow the link <https://dhcfp.nv.gov/UpdateMyAddress/>, or scan the QR code to change your address.

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.



HAVE QUESTIONS?

Visit us online: www.Libertydentalplan.com/NVMedicaid

Call us toll-free: **1-866-609-0418** (TTY: **1-877-855-8039**)

Create an online account: www.Libertydentalplan.com/memberportal

Download our Liberty Dental mobile app

Follow us on [Facebook](#) and [Instagram](#) for oral health and wellness tips and community events going on in your area!  



Oral health: A window to your overall health

Your oral health is more important than you might realize. Learn how the health of your mouth, teeth, and gums can affect your general health.

By Mayo Clinic Staff

Did you know that your oral health offers clues about your overall health? Did you know that problems in the mouth can affect the rest of the body? Protect yourself by learning more about the link between your oral health and overall health.

WHAT IS THE LINK BETWEEN ORAL HEALTH AND OVERALL HEALTH?

Like other areas of the body, the mouth is full of germs. Those germs are mostly harmless. But the mouth is the entry to the digestive tract. That is the long tube of organs from the mouth to the anus that food travels through. The mouth also is the entry to the organs that allow breathing, called the respiratory tracts. So sometimes germs in the mouth can lead to disease throughout the body.

Most often the body's defenses and good oral care keep germs under control. Good oral care includes daily brushing and flossing. Without good oral hygiene, germs can reach levels that might lead to infections, such as tooth decay and gum disease.

Also, certain medicines can lower the flow of spit, called saliva. Those medicines include decongestants, antihistamines, painkillers, water pills, and antidepressants. Saliva washes away food and keeps the acids germs make in the mouth in balance. This helps keep germs from spreading and causing disease.

Oral germs and oral swelling and irritation, called inflammation, are linked to a severe form of gum disease, called periodontitis. Studies suggest that these germs and inflammation might play a role in some diseases. And certain diseases, such as diabetes and HIV/AIDS, can lower the body's ability to fight infection. That can make oral health problems worse.

WHAT CONDITIONS CAN BE LINKED TO ORAL HEALTH?

Your oral health might play a part in conditions such as:

- **Endocarditis.** This is an infection of the inner lining of the heart chambers or valves, called endocardium. It most often happens when germs from another part of the body, such as the mouth, spread through the blood and attach to certain areas in the heart. Infection of the endocardium is rare. But it can be fatal.
- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral germs can cause.
- **Pregnancy and birth complications.** Gum disease called periodontitis has been linked to premature birth and low birth weight.
- **Pneumonia.** Certain germs in the mouth can go into the lungs. This may cause pneumonia and other respiratory diseases.

Certain health conditions also might affect oral health, including:

- **Diabetes.** Diabetes makes the body less able to fight infection. So, diabetes can put the gums at risk. Gum disease seems to happen more often and be more serious in people who have diabetes.

Research shows that people who have gum disease have a harder time controlling their blood sugar levels. Regular dental care can improve diabetes control.

- **HIV/AIDS.** Oral problems, such as painful mouth sores called mucosal lesions, are common in people who have HIV/AIDS.
- **Cancer.** A number of cancers have been linked to gum disease. These include cancers of the mouth, gastrointestinal tract, lung, breast, prostate gland, and uterus.
- **Alzheimer's disease.** As Alzheimer's disease gets worse, oral health also tends to get worse.

Other conditions that might be linked to oral health include eating disorders, Rheumatoid arthritis, and an immune system condition that causes dry mouth called Sjogren's syndrome.

Tell your dentist about the medicines you take. And make sure your dentist knows about any changes in your overall health. This includes recent illnesses or ongoing conditions you may have, such as diabetes.



How can I protect my oral health?

To protect your oral health, take care of your mouth every day.

- Brush your teeth at least **twice a day** for **two minutes** each time. Use a brush with soft bristles and fluoride toothpaste. Brush your tongue too.
- Clean between your teeth daily with floss, a water flosser or other products made for that purpose.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush every **3 to 4 months**. Do it sooner if bristles are worn or flare out.
- See a dentist at least **once a year** for checkups and cleanings. Your dentist may suggest visits or cleanings more often, depending on your situation. You might be sent to a gum specialist, called a periodontist, if your gums need more care.
- Do not use tobacco.

Contact your dentist right away if you notice any oral health problems. Taking care of your oral health protects your overall health.





Complete an 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 60 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.

Do not 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



Liberty's Case Management Program

- Regular dental visits can help prevent serious issues, reduce long-term costs, and ensure early detection of problems.
- For members with more complex or unique needs, Liberty offers care coordination to help members receive the care they need.
- Oral Health Risk Assessment (OHRA) is used by our team of certified nurses to help identify the unique needs of our members.
- This helps our nursing staff get you or your child into a dental provider to help address your oral health needs.
- Connecting you to community partners can help with any other health or social needs you may need.
- For assistance to establish a dental home, schedule a dental appointment, or request case management, contact our Member Services Department, visit us online <https://client.Libertydentalplan.com/NVMedicaid>, or scan the QR code.



Liberty wants to hear from you!

Your voice helps us understand the concerns you have and how Liberty can better help you. Here are a few ways you can make sure your voice and your feedback are heard:

- Our Annual Member Satisfaction Survey:
 - Each year, Liberty Dental Plan conducts a survey to gather your valuable feedback. Your insights help us provide you and your family with the dental care you need to stay healthy.
 - Participation in the survey is voluntary, and we appreciate your input! If you missed last year's survey, keep an eye out for this year's opportunity to voice your opinion.
 - Your feedback is vital for enhancing the quality of your dental care.
 - [<Web link to Member Satisfaction Surveys CAHPS Flyer to be added by Marketing>](#)
- Our Member Advisory Committee (MAC):
 - Our quarterly meetings offer members a chance to connect with our staff and share feedback on any challenges you face in your daily lives.
 - Join discussions on the development and review of programs that affect Liberty members such as yourself.
 - Share your opinions in our quarterly meetings and receive monetary compensation while engaging with fellow members and Liberty staff.
 - To join, please visit us online.

Many communities offer holiday assistance programs, such as food banks, housing, transportation, and coat drives during this holiday season. Our **Community Smiles Program** helps you search for local and free or reduced cost services.

- Go online to search and navigate the Program resources at:
<https://communityresources.Libertydentalplan.com>
- Call Liberty's Member Services Department at **1-866-609-0418** (TTY: **1-877-855-8039**)
- Contact your Liberty Case Manager (if assigned)





Simple chili recipe

YOU WILL NEED

- 1 packet chili seasoning mix
- 1 lb. lean ground beef or turkey
- 1 can (14 ½ oz.) diced tomatoes, undrained or 2 cans (8 oz. each) tomato sauce
- 1 can (15 to 16 oz.) kidney or pinto beans, undrained

Assorted Toppings: shredded cheese, chopped onions or sour cream

DIRECTIONS

1. **BROWN** meat in large skillet on medium-high heat. Drain fat.
2. **STIR** in chili seasoning mix, tomatoes, and beans. Bring to boil. Cover. Reduce heat and simmer 10 minutes, stirring occasionally. Serve with toppings, if desired.