

Nevada Medicaid and Nevada Check Up

Making members shine, one smile at a time™

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LIBERTY DENTAL PLAN®

Stay up to date

Review your member handbook

To help you understand your dental program, benefits, and services, we've created a member handbook. The handbook provides a summary of the dental services available to you and important information about Liberty.

To view and read your member handbook, visit our website at libertydentalplan.com/NVMedicaid. You can also call Member Services at **866-609-0418** (TTY: 877-855-8039) to request a copy of the handbook within five business days of your request at no cost to you.

Avoid a gap in coverage when you move

Don't risk a gap in your Medicaid or Nevada Check Up coverage. If you've moved recently, make sure that your contact information is updated with the Division of Social Services (DSS). They need to send you important information about your benefit eligibility and renewals.

- **To update your information by phone**, call DSS in your region:
Southern Nevada: **702-486-1646**
Northern Nevada: **775-684-7200**
- **To update your information online**, go to <https://dhcfp.nv.gov/UpdateMyAddress/> or scan the QR code.



Our commitment to you

Founded in 2001, Liberty is dedicated to delivering quality, innovative, and affordable dental benefits that support health, strengthen communities, and enhance lives. Liberty currently administers dental benefits in all 50 states for more than **7.5 million members** across Medicaid, Medicare Advantage, Commercial, and Exchange.

Have questions?

Visit us online: libertydentalplan.com/NVMedicaid

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

Create an online account: libertydentalplan.com/memberportal

Download our Liberty Dental mobile app: libertydentalplan.com/mobile



We want to hear from you!



Your voice helps us understand the concerns you have and how Liberty can better serve you.

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.

Completing the OHRA is easy and only takes a few minutes. Go to memberohra.libertydentalplan.com or scan the QR code to get started.

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

Take our annual member satisfaction survey

Each year, Liberty Dental Plan conducts a survey to gather your valuable feedback. The next survey will be conducted from December 5, 2025, to May 1, 2026.

Your insights help us provide you and your family with the dental care you need to stay healthy.

Your feedback is vital for enhancing the quality of your dental care.

Join 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, scan the QR code.



Diabetes and oral health

People with diabetes can get oral health problems more often than others. These problems can make your diabetes harder to control.

For example, diabetes makes you more likely to get gum disease. Gum disease causes inflammation. This can raise your blood sugar levels and insulin resistance.



Oral health problems that are more common in people with diabetes

- Changes in how things taste
- Cuts or sores that heal slowly
- Dry mouth
- Fungal infections
- Gum disease
- Oral inflammatory tissue disease
- Tooth decay



Signs of oral health problems related to diabetes

See your dentist as soon as you can if you notice any of the following:

- Gums that bleed easily
- Red, swollen, or tender gums
- Gums that have pulled away from the teeth

How to keep your mouth healthy when you have diabetes

If you have diabetes, it's important to stay on top of your oral health. Brush twice a day and see your dentist twice a year. A healthy mouth helps your whole body stay healthy.

Source: American Dental Association: mouthhealthy.org



Get the most from your dental plan

Liberty offers free language assistance services

It is important that you can talk to your dentist or your dental plan easily. We have dentists and dental staff in our network who speak your language. You can find this information in your provider directory or by calling Member Services. If your dentist or dental home does not speak your language, we can help you. To speak to an interpreter, call Liberty at **888-401-1128** (TTY: 877-855-8039).

Review our clinical guidelines

Liberty's Clinical Criteria Guidelines and Practice Parameters document was developed in 2005 and are subject to periodic revisions and annual review by the Quality Management and Improvement Committee and Board of Directors. The document was developed by our dental directors with input from a participating panel of general dentists and specialists.

Liberty utilizes the American Dental Association's "Dental Practice Parameters," sound dental clinical principles, processes, and evidence to consistently evaluate the appropriateness of dental services that require review.

You can view our clinical criteria guidelines online. You can also call Member Services at **866-609-0418** (TTY: 877-855-8039) to request a copy of the clinical criteria guidelines within five business days of your request at no cost to you.

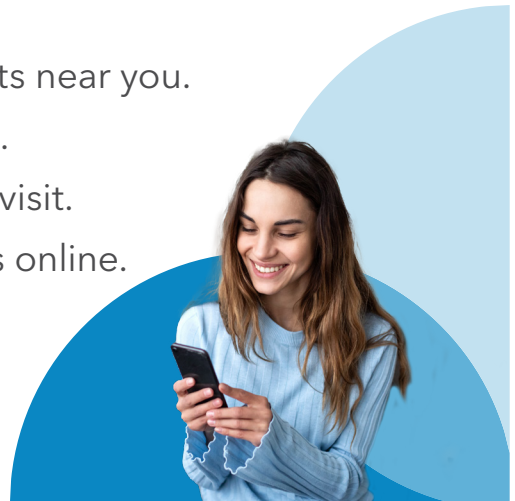
Create your Liberty account to take control of your oral health

If you haven't already, make sure to create a Liberty account on our website.

A Liberty account allows you to:

- Search for in-network dentists and specialists near you.
- View your plan details and covered services.
- See what you might pay before your dental visit.
- Track submitted claims and view their status online.

To create an account go to
libertydentalplan.com/memberportal.



One-pot black-eyed peas and rice recipe



Black-eyed peas are commonly eaten on New Year's Day for good for luck throughout the year.

Ingredients

- 1 pound smoked sausage or ham, cut into bite-size pieces
- 1 small onion, chopped
- 1 small green bell pepper, chopped
- 2 cloves garlic, minced or ¼ teaspoon garlic powder
- 3 (15-ounce) cans black-eyed peas, rinsed and drained
- 2 (10.75-ounce) cans low sodium chicken stock
- 2 cups water
- ½ teaspoon cayenne pepper
- 1 cup uncooked white rice
- Salt and pepper, to taste

Directions

1. Add sausage or ham, onion, and bell pepper to a large saucepan over medium heat. Cook, stirring often, until meat begins to brown (about 10 minutes).
2. Stir in black-eyed peas, chicken stock, water, cayenne pepper, and garlic or garlic powder and bring to a boil.
3. Stir in rice, cover with lid, and simmer on low heat until the rice is tender and the liquid is absorbed (20 to 30 minutes).
4. Remove from heat and let stand, covered, for 5 minutes before serving. Add salt and pepper to taste.

