



Nevada Medicaid and Nevada Check Up Health & Wellness

Making members shine, one smile at a time™

WINTER 2019

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Members First

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.

Using Your Benefits

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.

LIBERTY launched a text messaging campaign to assist members with utilizing their dental benefits and to provide dental health tips. Look out for a mobile text from LIBERTY!

Member ID Card

Each covered member will receive an identification (ID) card issued by Nevada Medicaid and an identification (ID) card issued by LIBERTY. You will find your Dental Home information on your LIBERTY ID card. You are responsible for bringing your ID card(s) with you to all dental appointments. To request a new ID card, call Member Services toll-free at **1.866.609.0418** (TTY: **1.877.855.8039**), visit us online at www.libertydentalplan.com/NVMedicaid or go through the free LIBERTY mobile app. ID cards are mailed within 5 working days from the date requested.

Member Advisory Committee

A way to become involved with your dental plan is to join our quarterly Member Advisory Committee meetings. They are a one-hour informative telephone conference, and it is the perfect opportunity for you to learn about the progress of LIBERTY Dental Plan Medicaid & Nevada Check Up. If you would like to participate and provide your input, please email our Quality Management team at QM@libertydentalplan.com or call **1.866.609.0418** (TTY: **1.877.855.8039**) for more information.

Nevada Medicaid Dental Program Member Handbook

LIBERTY Dental Plan is committed to being the industry leader in providing quality, innovative and affordable dental benefits with the utmost focus on member satisfaction.

Have Questions?

Visit us at:
www.libertydentalplan.com
Call us at (888.401.1128)

¡IMPORTANTE! ¿Puede leer este aviso? Si no, alguien le puede ayudar a leerlo. Además, es posible que reciba este aviso por escrito en su propio idioma. Para obtener ayuda gratuita, llame ahora mismo al (888.401.1128)

LIBERTY Dental Plan of Nevada, Inc. www.libertydentalplan.com/NVMedicaid 866.609.0418	
NAME Subscriber First Name, Last Name	EFEC Effective Date
ID# Medicaid ID#	
GRP# 001234 Group Name	
PLAN Nevada Medicaid Dental	
PRV# 001234	
TEL# Office Address	
Office Phone Number	
STATE OF NEVADA MEDICAID TEL# 1.800.992.0900	

Our Mission

LIBERTY Dental Plan is committed to being the industry leader in providing quality, advanced and affordable dental benefits, focusing on member satisfaction.

Have Questions?

Visit us at: www.libertydentalplan.com/NVMedicaid
Call us toll-free: **1.866.609.0418** (TTY: **1.877.855.8039**)



LIBERTY Dental Plan Health&Wellness Guide

This guide is produced for the State of Nevada Medicaid members of Clark and Washoe Counties by LIBERTY Dental Plan of Nevada.

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Adult Care

Daily Oral Hygiene Tips



For most of us, thorough daily oral hygiene lays the groundwork for a healthy smile. Just a simple routine of brushing and flossing, in addition to regular dental checkups, can be enough in most cases to help prevent tooth decay, gum disease and bad breath.

The importance of flossing

Cleaning between your teeth is every bit as important as brushing. Since brushing cannot effectively clean between teeth, it's important to use floss to get to those areas.

- Other items also are available to help you clean between your teeth. Ask your dentist which ones to use
- As with brushing, use a gentle touch to avoid injuring your gum tissue
- Clean between your teeth once a day

Brushing up on technique

Since there are various techniques for brushing your teeth, it's a good idea to ask your dentist which one to use. Here are a few tips to help you develop a good brushing routine:



Brush twice a day

Brush your teeth at least twice a day - in the morning and before bed.



Fluoridated toothpaste

Use a toothpaste with fluoride to help prevent tooth decay.



Concentrate on brushing all surfaces

Use a gentle touch - it doesn't take much pressure to remove the plaque from your teeth, and a vigorous scrubbing could irritate your gums.



Brushing gums

Hold your toothbrush at a slight angle toward the gums when brushing along the gum line.



Brushing your tongue

Brushing your tongue gently can help remove bacteria that cause bad breath.



fact:

A healthy mouth
is something to
smile about



TeenCare

Dental Sealants for Teens

Dental sealants are a plastic material that is placed in the pits and fissures of the chewing surfaces of your teeth. Typically found on the molars at the back because toothbrushes can't reach all the way to clean well.



Who needs dental sealants?

Kids and teens are especially known as bad brushers. They tend to not take care of the problem areas in the back of the mouth. This can lead to cavities, making them the prime target market for sealants. (However, if adults have certain problem areas that could be cured with sealants, this could be an option for them too.) The American Dental Association recommends that kids receive dental sealants as soon as their adult teeth erupt.

Those who are more susceptible to cavities and decay – whether that is because they are genetically prone to cavities, don't have great oral hygiene habits, or lack access to dental care – should consider getting dental sealants as a preventative measure.

How do dental sealants work?

Dental sealants fill in and smooth out the grooves and fissures in your teeth that tend to hide food particles and attract cavity-causing bacteria. According to the American Dental Association, sealants work by "'sealing out' food and plaque... [because] toothbrush bristles cannot reach all the way into the depressions and grooves."

How long do dental sealants last?

Dental sealants can protect the teeth for up to 10 years but need to be checked frequently by a dentist for cracks. If dental sealants are worn down, it's possible for decay to get under the sealant.

Are dental sealants effective?

Dental sealants have been shown to reduce the risk of cavities in the teeth that are covered. According to Jonathan Shenkin, a spokesman for the American Dental Association, decades of research demonstrate that coating the biting surface of 6-year molars with a resin-based sealant can reduce cavities by up to nearly 80% immediately, and up to 60% for four years or more.

Why don't all children and teens get dental sealants?

The American Dental Association recommends that kids receive dental sealants as soon as their adult teeth erupt, but less than 40% of dentists comply. Studies by the Centers for Disease Control and Prevention found that only 20% of children at poverty level and 40% of kids from higher homes get the sealants.



fact:

Cavities can form as soon as a child gets their first tooth



What is fluoride varnish?

1

Fluoride varnish is a liquid coating containing fluoride that is painted on the teeth. It strengthens the teeth and helps prevent tooth decay.

2

Is fluoride varnish safe?

Fluoride varnish is safe and is used by dentists and doctors all over the world to help prevent tooth decay in children. Only a small amount is used, and hardly any fluoride is swallowed. It is quickly applied and hardens. Then it is brushed off after 4 to 12 hours.

3

How is fluoride varnish applied?

Fluoride varnish is applied with a small brush. The tasteless, quick drying liquid is applied to clean, dry teeth and hardens as soon as it comes in contact with saliva.

4

Why should fluoride varnish be applied?

Fluoride varnish should be put on a child's teeth because cavities can begin as soon as the first tooth comes in. Cavities in baby teeth can cause pain and can prevent children from sleeping, speaking, and even learning properly. Children do not lose all their baby teeth until they are 11 or 12 years old. Tooth decay is the most common preventable disease in children.

5

After the fluoride varnish application procedure:

- **Eat only soft foods** for at least 2 hours after treatment
- **Do not consume hot drinks** or use mouthwash for at least 6 hours after treatment
- **Wait 24 hours** until brushing and flossing teeth



5 Tips to Protect Your Holiday Smile

1. **Stick with your oral health routine**, brush twice a day for two minutes, and floss daily.
2. **Snack smart** and continue to eat healthy foods and do not use your teeth to crack hard foods.
3. **Take note of how many sugary foods** you are eating, enjoy holiday sweets and treats in moderation, and avoid over doing it with candy.
4. **Pack your dental kit**, including floss or floss picks, if traveling during the holidays.
5. **Do not skip on your dental appointment** if it happens to fall during the holidays.



Microwave “Baked” Apples

Here is a fun and tasty treat to enjoy during the holidays.

Microwave “Baked” Apples are inspired by the USDA's MyPlate and Partnership for a Healthier America who empowers individuals to maintain diets rich in fruits, vegetables, grains, protein foods, and dairy.



Ingredients:

- 4 small apples
- 1 tsp. sugar or substitute for honey, maple syrup or stevia
- 1 tsp. ground allspice
- 1 tsp. ground nutmeg
- 8 tsp. dried cherries
- 4 tsp. water
- 2 tsp. trans-fat free vegetable oil spread (60 to 70 percent oil)
- 8 tsp. chopped walnuts

Directions:

1. Cut off top 1/2 inch from each apple. With melon baller, core through stem ends without breaking through bottom.
2. Place in glass pie plate; sprinkle with sugar and spices. Divide cherries, water and vegetable oil spread among cavities and tops of apples.
3. Cover glass pie plate for example with a napkin, and microwave on Medium-High (70 percent power) 8 minutes or until tender. Let stand, covered, 3 minutes. Top with walnuts.



Community Outreach

Oral Health Presentations

LIBERTY's Health & Literacy Coordinators provide oral health presentations to pre-kindergarten through third grade students at elementary schools in Clark and Washoe Counties. These fun and educational presentations are 20 minutes long and cover what students need to know about the sugar bugs! We talk about what the sugar bugs are, how they make cavities, and the importance of brushing. The students love the big mouth and toothbrush model we use to show proper brushing techniques. We also show how to floss correctly with the help of volunteer students and their imaginations. All enjoy playing an interactive game to identify healthy and unhealthy foods and drinks. We teach students the importance of brushing twice a day for two minutes and visiting the dentist twice a year to maintain a healthy mouth for life!

Health & Literacy Coordinators also educate adults by hosting free oral health presentations throughout the community. During these one-hour workshops, we discuss such topics as the importance of oral health, plaque removal, toothbrush tips, proper flossing and brushing, dental exams, fluoride, and healthy and harmful habits.

All student and adult presentations include a free dental kit. We always enjoy seeing our members at presentations and community events!

Need help?

Text **'TALK'** to **22925** for assistance from a Member Service Representative.



Get your LIBERTY Dental mobile app



Text the word **mobile** to **22925** to get your free LIBERTY Dental mobile app

The LIBERTY Dental mobile app offers a quick and easy way to access your member account information and puts our most popular online features at your fingertips.

Key features include:

- **Find a Dentist:** Easily find a network dentist by your current location or an address.
- **Check your eligibility:** Quick and easy access to all your info, including plan information, dependents, effective dates, and more!
- **Check your dental benefits usage:** See how you are utilizing your dental plan and what types of treatments or limitations you have.
- **View your electronic ID Card:** Never worry about losing your ID Card. You will always have it handy!



Helpful Resources & Links

Local Holiday Food Pantry Information

If you are seeking resources during the holiday season, especially food, please contact a local food pantry to assist you and your family.

Clark County:

Three Square Food Bank

<https://www.threesquare.org/>

Phone: **702.644.3663**

Trinity United Methodist Church's Food Pantry

<https://www.tumclv.com/>

Phone: **702.870.4747**

Maranatha SDA Hispanic Church's Food Pantry and Clothing

Every Monday of the month (excluding holidays)
7am – 12pm (first come first served)
101 E Washburn Rd., North Las Vegas, NV 89031
Phone: **702.253.3900**

Washoe County:

The Community Food Pantry of Reno-Sparks

<https://www.thecommunityfoodpantryrenosparks.com/>

Phone: **775.391.0482**

Food Bank of Northern Nevada

<https://fbnn.org/>

Phone: **775.331.3663**

Catholic Charities St. Vincent's Food Pantry

<http://ccsnn.org/>

Phone: **775.322.7073**

Sparks Christian Fellowship's Food Pantry

Every first Wednesday of the Month
510 Greenbrae Dr., Sparks, NV 89431
Phone: **775.331.2303**



Best Wishes
for a Joyous
Holiday Season
and a Peaceful
and Prosperous
New Year.

