



Nevada Medicaid and Nevada Check Up Health & Wellness

Making members shine, one smile at a time™

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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.

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.

Member Satisfaction Surveys

LIBERTY Dental Plan is interested in hearing about your experience with the care and services you are receiving. We may call you to complete a satisfaction survey. We hope you will take the time to complete the survey. Your responses help us measure our success in providing the services you deserve along with helping us determine where there are opportunities for improvement.

Reporting Other Insurance Coverage (Third Party Liability)

As a member, you are responsible for reporting any other dental insurance coverage. If you or anyone in your family has other dental insurance, you must tell LIBERTY and your Dental Home. Any other insurance coverage is considered primary to your coverage with LIBERTY and must pay first. You can report other dental insurance coverage by calling Member Services toll-free at **1.866.609.0418**.



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.
Making members shine, one smile at a time™

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
Making members shine, one smile at a time™

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LIBERTY DENTAL PLAN
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Adult Care

Healthy Smiles Equals Healthy Bodies

There is a strong correlation between oral health and overall health.

Did you know that there are 50 times more bacteria micro-organisms living in our bodies than the total amount of cells in our bodies? While most bacteria play an essential role within the natural ecosystem of the body, some bacteria can hurt the body. Inside our mouth, good bacteria helps to break down the food and drink particles we consume. Some harmful bacteria in the mouth feed off of simple carbohydrates (sugars, starches), and if left unchecked, can lead to tooth decay, gum disease and other health problems.

The following ailments are linked to poor oral health:

Heart Disease

Those with gum disease are 2X more likely to have or develop heart disease

Strokes & Clots

Those with gum disease are more susceptible to having a stroke and/or developing blood clots

Respiratory Disease

Harmful bacteria from the mouth can be an agent for pneumonia and bronchitis

Diabetes

Gum disease disrupts the control of blood sugar

Kidney Disease

Harmful bacteria from poor oral hygiene can weaken kidneys

fact:
Oral health affects your overall health

Taking care of your mouth is one of the best ways to prevent a wide range of health problems.

Maintaining a clean and healthy mouth is critical to whole body health, especially for children. Regular visits to your dentist not only keeps your mouth healthy, but can also provide key diagnostics - identifying diabetes and other chronic diseases.



TeenCare

5 Healthy Habits for Teens



1 Food debris left on your teeth encourages bad bacteria growth that eats away at enamel and causes cavities. This is why it's important to have a steady, consistent oral health routine. The American Dental Association (ADA) recommends teens brush twice per day, for two minutes at a time, and floss once per day to clean debris from the hard-to-reach areas of your teeth. A proper oral health routine is the best way to keep a mouth clean and prevents future issues.



2 Water is a fantastic tool in the fight against bad bacteria and tooth decay. Water is not acidic and does not harm teeth at all. In fact, it improves saliva production, which naturally cleans teeth of debris and restores the mouth back to a healthy pH balance. Try drinking more water instead of sugary drinks to help keep your teeth strong and healthy. If you must have juice or a sweeter drink, water it down so that you aren't consuming too much sugar at one time.



3 A healthy diet is critical to getting a healthy mouth. Mouth-healthy foods like fruit, vegetables, nuts and calcium-rich items can all strengthen teeth. When buying fruit and vegetables, make sure that you purchase them in their full-forms, and that you don't buy fruit packaged in sugary syrup. Try adding fibrous vegetables like celery, spinach or carrots to your diet, since fibrous food naturally scrubs teeth clean of food debris and combats bad bacteria buildup.



4 One of the best ways to keep your oral health in order is by scheduling an appointment with your dental office every six months for a routine oral checkup and cleaning. The holidays are the perfect time for an appointment since most teens have an extended break from school.

Visit your dentist 2x a year



5 It can be difficult to know when to replace your toothbrush with a new one. There are some signs that indicate it's time for a change. If your toothbrush bristles are frayed, or pluming outward, then it's time for a new toothbrush. If you recently had an illness, then it's best to replace your toothbrush to prevent the spread of unhealthy bacteria. Finally, a good rule of thumb to follow is to replace your toothbrush after 3 months of use.

Replace your toothbrush every 3 months



KidCare

Healthy Nutrition & Snack Ideas

With your help, children can enjoy eating vegetables and fruits throughout the day. Parents or guardians can supply healthy ingredients and let children help with preparation, based on their age and skill level. Children are more likely to try foods rejected in the past if they helped make them. Try giving your child 5 smaller meals equally spaced throughout the day to provide a constant supply of nutrients and energy.

Identify your child's metabolism and act accordingly:

FAST Metabolism: Follow a higher carbohydrate, higher fat diet for active, high-energy kids. These kids need more calories from good fats, low-glycemic carbohydrates, lean proteins, and vegetables and fruits. **Recommended diet plan: 30% protein, 55% carb, 15% fat.**

SLOW Metabolism: Follow a lower carbohydrate and lower fat diet. Less active children need less calories. A nutritional diet includes, lean proteins, low, glycemic carbohydrates, fruits and vegetables, as well as good fats. **Recommended diet plan: 50% protein, 40% carb, 10% fat.**

Sugar promotes cavities

Sugar may be yummy for the tummy, but bad for teeth. Sugar feeds bacteria in the mouth, which can lead to cavities. Always rinse your mouth with water after eating sugary foods or drinks.

Here are fun snack ideas to create, bake, drink, slice, spoon or munch on:

- **Create:** refried beans on whole wheat tortilla, celery stuffed with peanut butter, fruit and cheese kabobs, whole wheat crackers with tuna
- **Bake:** fruit muffins, vegetable or cheese pizza, tortilla and cheese
- **Drink:** water, milk, unsweetened fruit juice
- **Slice:** carrots, melon, cucumbers, bananas, zucchini, pineapple
- **Spoon:** apple sauce, yogurt, cottage cheese
- **Munch on:** apples, cherries, grapes, oranges, plums, strawberries

Tip: Be creative and design fun snacks like ants on a log, teddy bear pears, grape caterpillars and monster bell pepper salad cups!

fact:
Sugar promotes
tooth decay



How to make Fruit Ice Pops

Are you looking for a refreshing way to stay hydrated this summer? Here is a customizable fruit ice pop recipe with no added sugars and made with coconut water. Coconut water is a good source of vitamins and minerals and offers such health benefits as replenishing electrolytes, lowering cholesterol and reducing stress and muscle tension. These healthy treats are easy to prepare and delicious to eat!

Tools Required:

Blender
Ice pop mold and sticks or ice cube tray
Freezer

Ingredients:

1 cup chopped fresh fruit of your choice (ex. mango, papaya, pineapple, watermelon, honeydew, blueberries, strawberries, raspberries or a mix of berries)
¾ cup coconut water
2 tablespoons lime or lemon juice
2 tablespoons honey (optional)

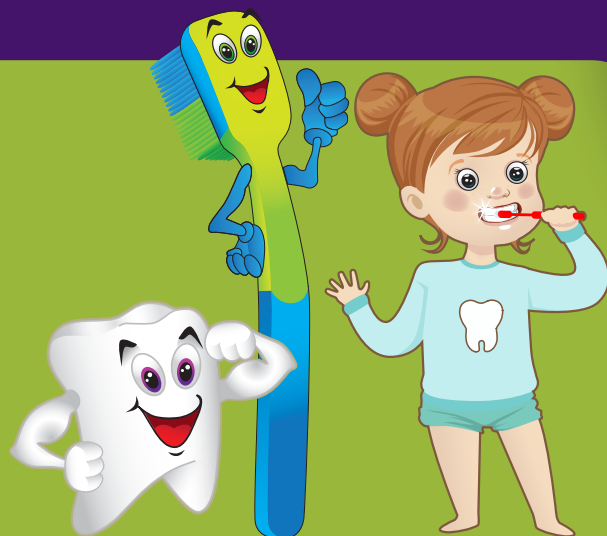
Directions:

1. Combine fruit, coconut water, lime or lemon juice and honey in a blender. Puree until well blended and smooth.
2. Pour the mixture into your ice pop molds. Leave about ¼ inch at the top to leave room for the stick. The popsicles will expand as they freeze.
3. Place the lid on the mold and place in the freezer for about 15 – 20 minutes.
4. Remove from the freezer and add the sticks to the ice pops and freeze again until solid.
5. Let the ice pops sit at room temperature for a few minutes so they can easily be removed from the molds.
6. Eat and enjoy!



KidCare

Oral Health Made Easy!



Download
Keeping My
Teeth Healthy

Teach your child about oral health with these fun, free downloads

• Digital wide screen movie



• Self-print illustrated book



• Self-print large coloring book



There is no easier way to teach kids about oral health and caring for their teeth than with LIBERTY Dental Plan's newest KidCare Resources. **Keeping My Teeth Healthy** teaches children ages 3 to 8 how to take care of their teeth. The book is an entertaining tool and used for oral health presentations at elementary schools. Invite your child to read the book before bedtime and learn why brushing 2 times a day for 2 minutes, and visiting your Dental Home 2 times a year for a check-up is important!

This resource is available in a digital widescreen movie, a self-print 8 ½" x 11" book and a self-print 11" x 17" coloring book. **All are available as free downloads in English and Spanish.**



Download your free copies here: www.libertydentalplan.com/NVMedicaid. Under Member Tools, click on Oral Health & Wellness Tips and select **KidCare: Keeping My Teeth Healthy**.



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www.libertydentalplan.com/NVMedicaid Health&Wellness Guide | SUMMER 2019

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Helpful Resources & Links

Community outreach

Our goal is to reach out and encourage our members to visit their Dental Home. We accomplish this by tabling community events, providing oral health workshops and partnering with community agencies. In 2018, LIBERTY's Health and Literacy Coordinators participated in a total of 340 community events and activities in the State of Nevada (256 events in Clark County and 84 events in Washoe County).



Follow us on Facebook & Instagram
[@libertydentalplan](#) to learn about
upcoming community events near you!

Helpful steps to follow to register for an online account:

As a member of LIBERTY, you have access to our Member Web Portal at no cost to you. This is an easy way for you to view your dental care information in a secured environment. Online services include:

- **24/7 Access**
- **View Claim Status**
- **Print/Request ID Card**
- **View Benefit Plan**

Visit www.libertydentalplan.com/NVMedicaid

Helpful resources and links:

Nutrition tips from the United States Department of Agriculture: <https://www.choosemyplate.gov/>

Nutrition tips from Mouth Healthy, American Dental Association:

<https://www.mouthhealthy.org/en/nutrition>

Resources and tips from Oral Health Nevada:

<https://oralhealthnevada.com/>

Oral Health tips for older adults:

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

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!

