



# Nevada Medicaid and Nevada Check Up Health & Wellness

Making members shine, one smile at a time™

SUMMER 2021

Point your camera  
phone here to have  
instant access to  
LIBERTY's Nevada  
Medicaid website!



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## Members First

### 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](http://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.

### 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 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 **1.866.609.0418** and ask about taking part in the Member Advisory Committee or you can email us at [QM@libertydentalplan.com](mailto:QM@libertydentalplan.com).

### LIBERTY Language Assistance Services

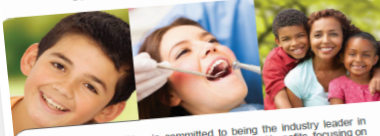
**We Speak Your Language.** It is important that you can talk to your dentist or your dental plan easily. We have dentist and dental staff in our network who speak your language. You can find this information in your provider directory or by calling our Member Services Department. If your dentist or dental home does not speak your language, we can help you. Your dental home can call us to get an interpreter who speaks your language. You can tell us your language needs by completing the Language Needs Survey on LIBERTY's website or by calling the Member Services Department. As a LIBERTY member, you have the right to these services at no cost to you:

- Telephonic Interpreter Services.
- Face-to-Face Interpreter Services (scheduled through your dental plan).
- Prior Authorization is required to schedule a face-to-face interpreter.

**For language assistance services call:** Member Services: **1.866.609.0418** (TTY: **1.877.855.8039**).



### Nevada Medicaid Dental Program Member Handbook



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](http://www.libertydentalplan.com/NVMedicaid)  
Call us at 1.866.609.0418

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 1.866.609.0418



LIBERTY  
DENTAL PLAN

LIBERTY Dental Plan of Nevada, Inc.  
Making members shine, one smile at a time™  
[www.libertydentalplan.com](http://www.libertydentalplan.com)



### 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 at: [www.libertydentalplan.com/NVMedicaid](http://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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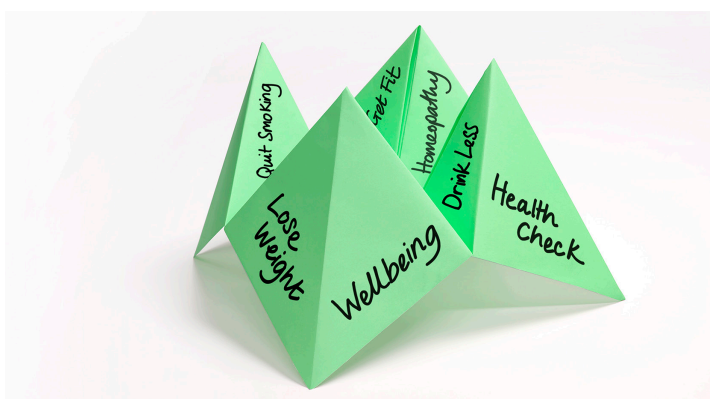
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# Adult Care

## Protecting Your Teeth with What You Eat!

You probably already realize that maintaining a balanced diet offers a host of benefits to your overall health. But did you know diet also directly affects the health of your teeth and gums? It all starts before birth, as a baby's teeth begin forming in the sixth week of pregnancy and mineralizing in the third or fourth month. During this time, an expectant mother needs to take in lots of calcium (the major component of teeth) along with vitamin D, phosphorous and protein. Dairy products including milk, cheese, and yogurt have all of these. Broccoli and kale also have calcium, while meats are good sources of protein and phosphorous. These foods are also important for children, whose teeth continue to develop and mineralize through the teen years.

Throughout life, oral tissues are constantly recycling; they need a variety of nutrients to support this process. It's equally important to recognize that nutritional deficiencies – a particular concern among older adults who have lost teeth – can reduce resistance to disease and hinder your ability to fight infection. Studies have consistently found that a high intake of fruits and vegetables reduces the risk for oral cancer – as well as other types of cancer. That's why eating a nutritious diet is important for oral health – as well as general health – at any age.



## LIBERTY Resources at your fingertips...

Visit our website where you can:

- Browse featured videos and topics
- Find a dentist
- Follow us on Facebook and Instagram



View our extensive library of oral health resources here: <https://oralhealthcenter.libertydentalplan.com/index.php>.





# Adult Care

## Eating Healthy!

### What's the best diet for you?

That depends mainly on your age, gender, height, weight, and level of physical activity. But in general, a health-promoting diet is based on the concepts of:

- **Variety.** No single food can meet all daily nutrient requirements. Eating lots of different foods also makes meals more interesting.
- **Balance.** We need to eat the recommended amounts of foods from specific categories on a daily basis. Find out what your specific needs are at [www.choosemyplate.gov](http://www.choosemyplate.gov)
- **Moderation.** Don't supersize it. Foods and beverages should be consumed in serving sizes that are appropriate to meet energy needs while controlling calories, fat, cholesterol, sodium, and – particularly important in the dental arena – sugar.

Your diet (which includes what you drink) plays a major role in tooth decay and enamel erosion. Your mouth is naturally hospitable to all kinds of bacteria. Some of these microorganisms are helpful and some are harmful, and many of the harmful ones thrive on a steady supply of sugar. As they process sugar from your diet, these bacteria produce acids that can worsen, become quite painful, and threaten the survival of teeth.

To find more information on maintaining good dental health, please visit our **Oral Health Center** at <https://oralhealthcenter.libertydentalplan.com/>.





## Back to School – Back to the Dentist

In your child's early years, make dental visits a part of your child's back-to-school routine! There are plenty of items to check off on the back-to-school list, but no list is complete without a visit to the dentist. A dental checkup should be part of the back-to-school routine, along with immunizations and a yearly physical. By making a dental visit an annual routine, it's easy to make sure your child is in the best oral health and ready for the school year ahead. Here is a good schedule for you to follow:

**Before Your Child's 1st Birthday...**First visits are mostly about getting kids used to the dentist's office including the smells, sights, and sounds of the place. It's also a great time for educating parents about caring for their baby's teeth.

**At Age 2...**If your child has transitioned from the bottle to a cup and doesn't snack or drink in the middle of the night, you may get a one-year pass until year two. That's when the standard every-six-month dental visit is recommended.

**Ages 4-6...**Between ages four and six, expect your dentist to take your child's first set of x-rays to check for cavities between the teeth.

**Ages 6-12...**Prevention is the name of the game at all ages, but especially between ages 6 and 12 when baby teeth give way to permanent teeth.

**Dental Sealants:** Your child's dentist will probably suggest dental sealants for the permanent molar teeth. A sealant is a plastic resin that bonds to a tooth's chewing surface and helps keep cavity-causing bacteria from getting into the grooves and valleys of teeth where decay typically starts. In the end, it's the basics – brushing and flossing daily and getting regular dental checkups – that have the most impact on a kid's smile. Remember, dental decay and gum disease are preventable. Help your child enjoy a lifetime of easy preventive and routine dental visits.



Fact: Annual visits to the dentist ensure good oral health



Fact: Parents will learn with their child about proper oral care



Fact: Over half of children 6-11 will have cavities; half of them will go untreated








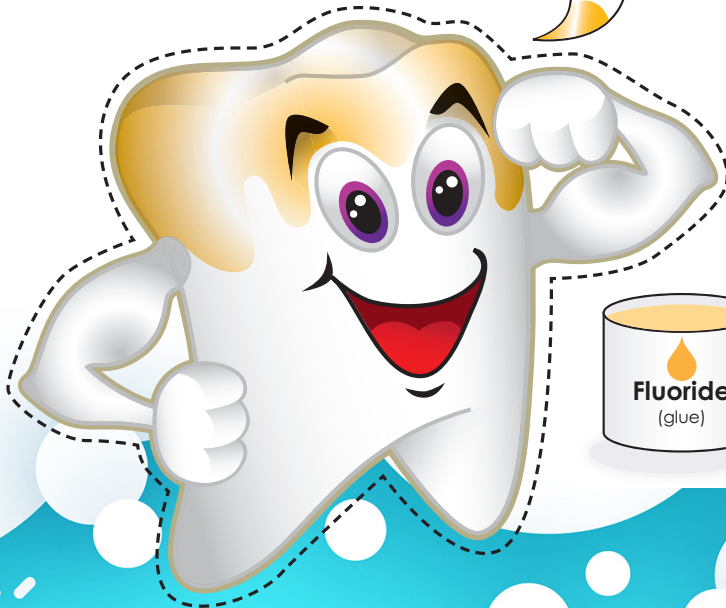
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# Do You Know What Fluoride Is?

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**Fluoride** is a mineral that acts like a vitamin for our teeth. A dentist can put fluoride varnish on your teeth with a little brush. It does not hurt and it takes no more than 5 minutes! Fluoride is also in tap water and even in some foods we eat!

 Cut out the tooth below and paint with fluoride to see how strong and shiny it will be!



### Making My Teeth Strong

#### What you will need:

- A printed copy of this brochure
- 1 small paintbrush
- Non-toxic clear liquid glue
- Scissors

*(Items can be found at your local dollar store)*

#### Instructions:

- Set out a generous amount of glue and paintbrush per child.
- Have each child cut out the printed tooth shape (or have help from an adult).
- Explain to the child(ren) what fluoride is and where it can be found.
- Have each child paint the tooth cutout with a thick amount of glue. Explain how the dentist-applied fluoride application to their teeth is like painting glue on the cutouts - the glue will dry hard and shiny!
- Encourage each child to imagine what the tooth cutout will look like once the glue dries.
- Once the glue is fully dry, show them how strong and shiny the glue (fluoride) made the tooth cutout.

#### Lesson learned:

Fluoride treatments and fluoride toothpaste (like the glue) help to make teeth healthy and strong.





# HEART of LIBERTY

## Community Outreach



### The H.E.A.R.T. of LIBERTY

**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. LIBERTY's

H.E.A.R.T. provides accessible and

inclusive resources and education to members, potential members, stakeholders and partners at no charge. H.E.A.R.T. models the collaboration of markets nationwide as a vendor to partner and deliver community outreach as an avenue to focus on member involvement and satisfaction.



### 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](mailto: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 **#LIBERTYLoveMySmile**.



### Community Smiles

**Do you need help locating a local free or reduced cost resource for housing, legal, food, transportation, goods, etc.?**

Visit our **Community Smiles** program to find help in your area by:

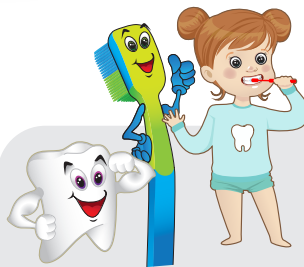
- Texting **LDPSMILES** to **22925**
- Calling Member Services at **1.866.609.0418**
- Visit us at: <https://communityresources.libertydentalplan.com/>



## Community

## I

## Program



**Follow us** for information on upcoming LIBERTY events and other community activities happening in your area



**LIBERTY Dental Plan of Nevada**



**@LIBERTYDentalPlanNV**



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