

If you have Oregon Health Plan, you have dental coverage!

Most people who have OHP are enrolled in a coordinated care organization (CCO) and assigned to a dental care organization (DCO) to manage their dental needs. Contact your DCO for a dental provider or a list of dentists. You can find dental plan information on your CCO ID card or OHP coverage letter. If you don't know your DCO, contact your CCO to get your dental plan information.

Dental Plan Phone Numbers

Access Dental	877-213-0357
Advantage Dental	866-268-9631
Capitol Dental	800-525-6800
CareOregon Dental	888-440-9912
Family Dental Care	866-875-1199
Kaiser Permanente	800-813-2000
Managed Dental Care of Oregon	800-538-9604
ODS Community Health	800-342-0526
Willamette Dental	855-433-6825

CCO Phone Numbers

AllCare CCO	888-460-0185
Cascade Health Alliance	888-989-7846
Columbia Pacific CCO	855-722-8206
Eastern Oregon CCO	888-788-9821
FamilyCare Health	800-458-9518
Health Share of Oregon	888-519-3845
InterCommunity Health Network	800-832-4580
Jackson Care Connect	855-722-8208
PacificSource	800-431-4135
Primary Health of Josephine County	800-471-0304
Trillium Community Health Plans	877-600-5472
Umpqua Health Alliance	800-676-7735
Western Oregon Advanced Health	800-264-0014
Willamette Valley Community Health	866-362-4794
Yamhill Community Care Organization	855-722-8205



Other Resources

- To learn more about OHP dental benefits, visit www.orohe.org/pregnancy.
- To find low-cost dental care in your area, visit www.orohe.org/resources-by-region.

Teeth for Two

Good oral health during pregnancy keeps you and your baby healthy!



Improving general health through oral health
for all Oregonians



Get a healthy and happy mouth!

Good oral health is especially important for pregnant women. If you're expecting, be sure you:

Visit the dentist!

Dental care during pregnancy is important and safe. Tell the dental office that you are pregnant. Your dentist will be on the lookout for:

- **Gum disease.** As your body's hormone levels rise, so does your risk of gum disease. Untreated gum disease may increase the risk of delivering a pre-term, low-birthweight baby.
- **Cavities.** Your dentist can safely fix cavities during pregnancy. If left untreated, cavities can cause life-threatening infections for you and your baby.



Brush and floss!

Prevent cavities by brushing your teeth with fluoride toothpaste at least twice a day. Floss daily, and rinse with fluoride mouthwash. Keeping your mouth clean can prevent the spread of cavity-causing germs to your baby.

Eat healthy foods!

Eat nutritious foods, including fruits, vegetables, whole grains, dairy, lean meats, eggs, beans and nuts.

Avoid refined sugars, starches, sodas and juice, which can cause cavities.

Drink fluoridated water to strengthen your teeth and protect them from cavities. Fluoridated water will not harm your baby.



Do you have morning sickness?

After vomiting, rinse your mouth with baking soda and water or a fluoride rinse. This will neutralize acids in your mouth and prevent cavities.

