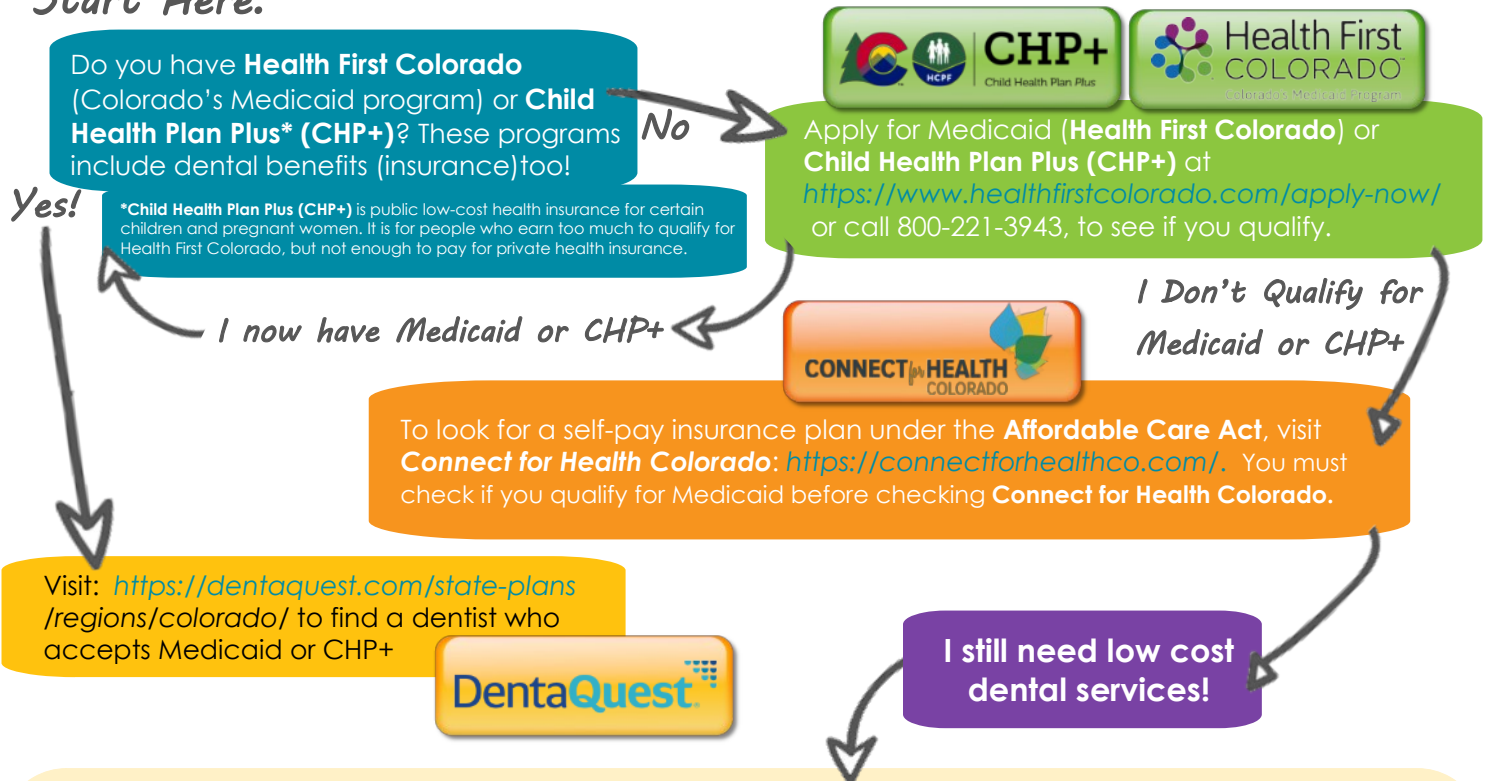# AURORA HEALTH ALLIANCE
AuroraHealthAlliance.org

It's never too late
to start taking care of your oral health!

Good oral health habits protect your mouth and body.
When possible, visit the same dental provider on a regular basis to keep your oral health on track.

Aurora Smiles

Start Here:

Do you have **Health First Colorado** (Colorado's Medicaid program) or **Child Health Plan Plus* (CHP+)**? These programs include dental benefits (insurance)too!

*Child Health Plan Plus (CHP+) is public low-cost health insurance for certain children and pregnant women. It is for people who earn too much to qualify for Health First Colorado, but not enough to pay for private health insurance.

No

CHP+ Child Health Plan Plus   **Health First COLORADO** Colorado Medicaid Program

Apply for Medicaid (**Health First Colorado**) or **Child Health Plan Plus (CHP+)** at *https://www.healthfirstcolorado.com/apply-now/* or call 800-221-3943, to see if you qualify.

Yes!

I now have Medicaid or CHP+

CONNECT for HEALTH COLORADO

I Don't Qualify for Medicaid or CHP+

To look for a self-pay insurance plan under the **Affordable Care Act**, visit *Connect for Health Colorado*: *https://connectforhealthco.com/*. You must check if you qualify for Medicaid before checking **Connect for Health Colorado**.

Visit: *https://dentaquest.com/state-plans/regions/colorado/* to find a dentist who accepts Medicaid or CHP+

DentaQuest

I still need low cost dental services!

Resources for Affordable Dental Care

- **CU School of Dental Medicine:** Low cost care for qualifying patients; fees typically 30-50% less than private practice fees; schedule screening appointment by calling 303-724-2273.

- **Dental Lifeline Network:** Free, comprehensive dental care to individuals who over 65 years old or older, medically compromised, or disabled, and cannot get public aid. The program operates through a volunteer network of dentists and dental labs. Applicants must lack adequate income to pay for dental care AND have a permanent disability, be age 65 or older, or qualify as medically fragile. For more information, visit *https://dentallifeline.org/* or call 303-534-5360

- **Denver Health:** Must be a Denver resident and/or on Health First / Medicaid, Full-service dental and oral care at six locations throughout the city. From regular exams and cleanings to complex oral repair, we can manage any dental problem. Services include: Pediatric dental services, Adult dental preventive care, Oral surgery (extraction and other surgical services), Maxillofacial surgery (facial fractures), Care for injured teeth and toothaches, Endodontics (dental root and tissue care)

- **Salud Clinic:** All dental care is provided through an initial phone/video visit. Services include: bleeding, swelling, abscess, trauma, severe dental pain, pain after tooth extraction, tooth fracture, exams & x-rays, dentures, partial dentures, fabrication & repairs, limited fillings & temporary fillings, limited extractions & root canals, other emergent issues. Call 303-697-2583.

- **STRIDE:** At five metro-area locations. Services include: cleanings, comprehensive examinations, crowns, dentures, digital x-Ray, emergency care, extractions, fillings, root canals, sealants, specialty care for children. To learn more, visit *https://stridechc.org/services/oral-health/* or call 303-360-6276.

- **Tri-County Health Department:** Dental care is available for low-income Arapahoe County residents ages 55 and older who do not have dental insurance. Fees are on a sliding scale based on income. Now accepting Health First/Medicaid. Financial assistance may be available if you do not have insurance or do not qualify for Medicaid. Services include: exams, x-rays, cleanings, fillings, crowns, extractions, and dentures. We are unable to provide dental implants and cosmetic services. Call 303-783-7106 to schedule an appointment.

**Organizations listed above agree to serve as a resource for individuals calling about dental coverage.

Other Payment Plans.

Please contact these programs directly for more information:

Bright Now! Dental: One Smile Dental Plan for patients without insurance. This is an annual membership. Smile Now, Pay Later! Is a flexible payment plan with low interest and extended terms. Visit: *https://www.brightnow.com/financing/* or call 844-400-7645 to find out more information or find a location near you.

Comfort Dental Gold Plan: Designed for all individuals and families, the Gold Plan is a reduced fee dental membership plans that allow individuals to receive quality dental care at reduced prices. The Gold Plan can also be set up for low monthly payments. For more information, visit: *https://comfortdental.com/gold-plan/* or call 303-232-2300

OneSmile Dental Plan: A flexible alternative to insurance. Members pay a low yearly fee to receive FREE Exams & X-Rays, as well as other discounts. Visit: *https://www.onesmiledentalplan.com/* or call 833-417-6453 for more information.

RISAS: Offering general dentistry, orthodontics, and oral surgery. "Risas Friends and Family" allows uninsured patients to enjoy pricing at 30-40% lower than other dental and orthodontic offices. Accepts most dental insurances, no-credit check financing, and payment plans. Visit *https://risasdental.com/* or call 303-261-8557 for more information or to find a location near you.

Practice a Good Oral Health Routine

Even if you are unable to visit a dental provider for routine checkups or cleanings, it's important to take care of your oral health. When your mouth is healthy, you can easily eat the foods you need for good nutrition. Smiling, talking and laughing with others also are easier when your mouth is healthy.

- Drink plenty of water! Stay hydrated. Dry mouth can cause open sores, aches, and tooth decay.
- Brush twice a day with fluoride toothpaste. Floss your teeth once a day.
- Change your toothbrush at least every 3 months and after you are sick.
- If you wear dentures, take them out and clean them every day.
- Eat lots of washed fruits and vegetables if possible.
- Don't eat sticky or sweet foods or drink sugary drinks. Both contribute to tooth decay.

- Avoid snacking all day long.
- Stop using all tobacco products. Need help? Visit *https://coquitline.org*
- Don't share utensils, cups or toothbrushes.
- Find healthy ways to cope with stress like taking deep breaths, stretching, or exercising.
- Help young children brush and floss until age 8.
- It is recommended that everyone have their first dental checkup by age 1.

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