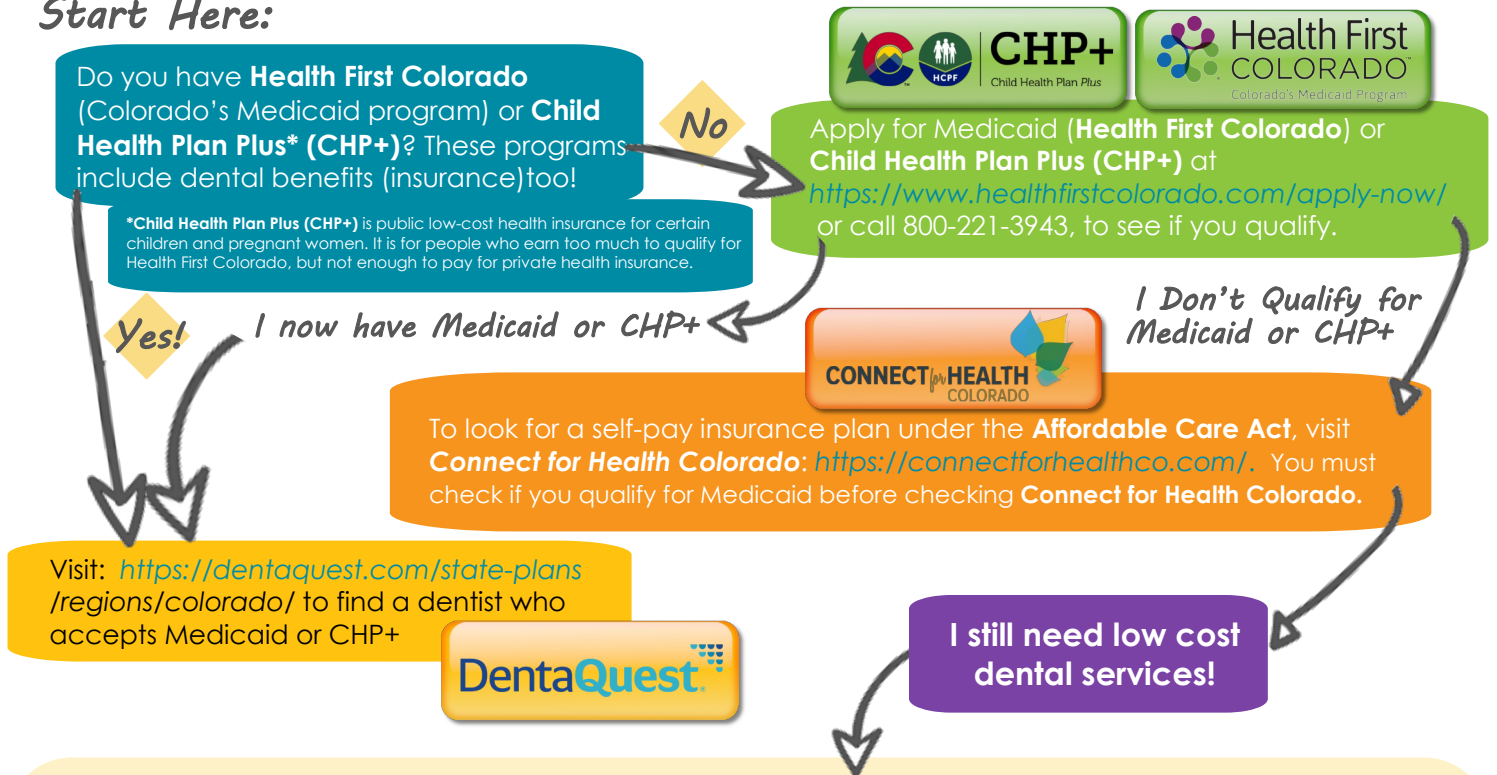




Start Here:



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 are 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.
- **Worthmore Dental Clinic:** Project Worthmore's Dental Clinic offers comprehensive restorative and preventative dental care to the refugee community. To learn more, visit <https://projectworthmore.org/> or call 720-460-0995 to schedule an appointment.

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.

It's Never Too Late: Practice a Good Oral Health Routine

Good oral health habits protect your mouth and body.

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.

- 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.

