



My Health: Dental Care for Adults

Oral Health is Tied to Overall Health

Good oral health practices protect your teeth and gums, keep your breath fresh, and contribute to your overall health. By taking care of your oral health, you can protect yourself from serious dental and other health complications.

Oral health goes beyond teeth and gums. Bacteria that hide in plaque can lead to health conditions like:

- heart attack and stroke,
- complications from diabetes,
- dementia, and
- preterm labor in pregnant women.

Ideally, adults should schedule **preventive dental care visits twice a year**. During these visits:

- a dentist or other oral health provider will examine your teeth and gums,
- you may get x-rays to diagnose cavities and other problems, and
- a dental hygienist will clean your teeth and discuss proper brushing and flossing.

If any problems are discovered (such as cavities or cracked teeth), you will be asked to schedule a follow-up visit.

Dental Coverage

Insurance coverage for dental care varies widely by insurer and state. Many plans cover emergency care (such as relief of pain or infection), but may not cover routine cleanings, fillings, or dentures.

Indian Health Service

Your tribal health provider may provide dental care. Emergency oral health services get top priority, followed by preventive care (such as cleanings), and then basic services (such as fillings or simple root canals). Crowns, bridges, and dentures are less likely to be provided by your tribal provider.

To see if your tribal clinic offers dental services, visit: <https://www.ihs.gov/findhealthcare/> or contact your tribal health provider

Medicaid

Medicaid dental coverage for adults varies widely by state. Among states that offer Medicaid for low-income adults, most provide emergency dental coverage for adults. Coverage for cleanings, fillings, and crowns may be more limited. Check with your state to learn what is covered and to find local dental providers who accept Medicaid.

To learn more about dental benefits for adults enrolled in Medicaid, visit: <https://www.medicaid.gov/medicaid/benefits/dental/index.html>

Medicare

Medicare Parts A and B don't cover most dental care, although Part A will pay for certain services you get while in the hospital. However, Medicare Part C (Advantage) plans do include dental care.

To learn more about Medicare Part C, visit: <https://www.medicare.gov/sign-up-change-plans/medicare-health-plans/medicare-advantage-plans/medicare-advantage-plans.html> or call 1-800-633-4227

Marketplace and Dental Plans

Health insurance Marketplace plans don't cover adult dental care. However, dental plans can be purchased separately, typically individually or through your employer. These plans often cover two preventive visits a year for cleanings and a portion of other of services, such as fillings and crowns.

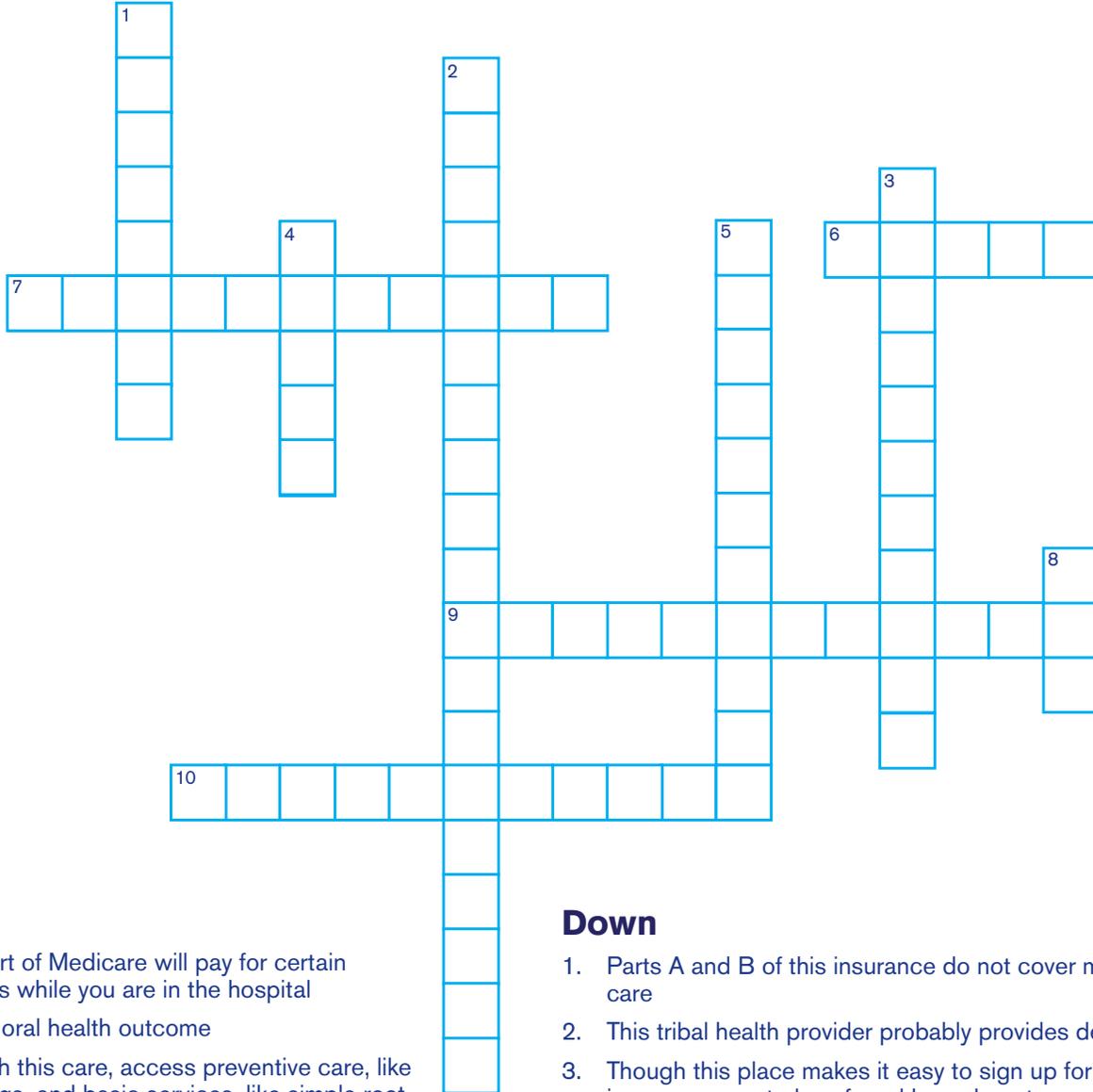
To buy dental coverage, visit: <https://www.healthcare.gov>



Learn more about Dental Health Coverage

Find more information at: <https://www.healthcare.gov/coverage/dental-coverage/>
or call 1-800-318-2596 (TTY 1-855-889-4325)

Fill in the crossword puzzle to help refresh your memory on dental health care for adults.



Across

6. This part of Medicare will pay for certain services while you are in the hospital
7. A poor oral health outcome
9. Through this care, access preventive care, like cleanings, and basic services, like simple root canals
10. Most states with Medicaid for low-income adults offer these dental services

Down

1. Parts A and B of this insurance do not cover most dental care
2. This tribal health provider probably provides dental care.
3. Though this place makes it easy to sign up for health insurance, most plans found here do not cover dental care
4. Also known as Medicare Advantage Plans, these plans do include dental care
5. These plans are often offered through an employer or can be bought individually
6. Also known as the Indian Health Service

Answers:

1. Medicare
2. Indian Health Service
3. Marketplace
4. Part C
5. Dental plans
6. Part A
7. Heart attack
8. IHS
9. Tribal health
10. Emergencies