October - December 2025

Blue Cross Blue Shield of Michigan

Healthy Kids Dental Newsletter

You may be able to get a $50 Amazon Gift Card for taking your child to the dentist. Complete a quick survey after your child's preventive checkup and you may earn a gift card. Some restrictions apply. A preventive dental visit must be completed by September 30, 2025.

Complete and submit the survey Blue Cross Blue Shield of Michigan Healthy Kids Members | The survey must be completed by December 31, 2025.

Get a ride to your Healthy Kids Dental appointments at no cost

Please note that you will need to contact your Medicaid health plan if you want to schedule a ride to your dental appointment. Members enrolled in a Medicaid health plan can contact their plan for transportation services. A helpful list is included on the right.

If you're not in a Medicaid health plan and are a resident of Wayne, Oakland or Macomb county call ModivCare at 1-866-569-1902. If you aren't in a Medicaid health plan and don't live in Wayne, Oakland or Macomb county, contact your local Michigan Department of Health and Human Services.

Medicaid Health Plan Transportation Contacts

Aetna Better Health of MI: 1-844-610-7437
Blue Cross Complete of MI: 1-888-803-4947
HAP CareSource: 1-833-230-2053
McLaren Health Plan: 1-855-251-7100
Meridian Health Plan of MI: 1-888-437-0606
Molina Healthcare of MI: 1-888-898-7969
Priority Health Choice: 1-888-975-8102
UnitedHealthcare Community Plan: 1-877-892-3995
Upper Peninsula Health Plan: 1-800-835-2556

October is National Dental Hygiene month

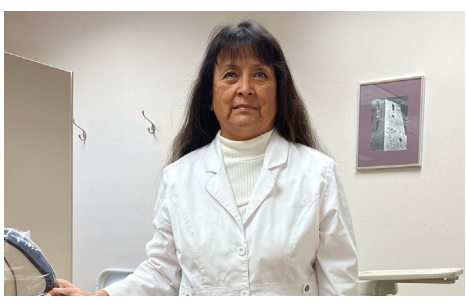
Good dental habits lead to good overall health.

Don't forget to floss!

Brushing your teeth is important, but bits of food can remain between your teeth even after brushing. This is why flossing is necessary. Floss will also remove plaque from your teeth. Plaque is a film of bacteria that sticks to your teeth. If you don't remove it, plaque can cause cavities, decay, and gum problems. You might notice that if you haven't flossed for a while, your gums can bleed. That's nothing to worry about. But if it doesn't stop after a few days, call your dentist. It's never too late to start flossing so start today!

November is Native American History month

November is a special month to honor history and culture. Only about 3 out of every 1,000 dentists are American Indians and Alaskan Natives. That's why it's really important to cheer for people like Dr. Darlene Sorrell. She's a Native American dentist who is helping other Native Americans who want to become dentists, too. Read more



Healthy eating during the holidays

What you eat influences your oral health, and your oral health can influence what you eat. This is especially important to keep in mind with the upcoming holidays. You can celebrate and enjoy the holidays while keeping your teeth and gums healthy by prioritizing the following:

- Whole grains
- Fruit
- Vegetables
- Low-fat dairy food
- Lean protein

If you want a hot drink, opt for green and black teas. They contain ingredients that kill bacteria. Limiting the amount of sugar you are eating or drinking will help your oral health as well. Happy holidays!

We speak your language

You have the right to receive culturally competent care. If you, or someone you're helping, needs assistance, you have the right to get help and information in your language at no cost. You can also get help finding a dentist that speaks your language. To talk to an interpreter, call the Customer Service number on the back of your Blue Cross member ID card.

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

Report fraud, waste and abuse

Report fraud, waste and abuse in the following ways. You can remain anonymous:

Call:
Fraud hotline: 1-800-237-9139
Anonymous hotline: 1-866-654-3433

Fax: 262-241-7366

Mail:
Blue Cross Blue Shield of Michigan
P.O. Box 491
Milwaukee, WI 53201-0491

Fraud, waste and abuse can also be reported directly to the Michigan Department of Health and Human Services using the following methods:

Michigan Department of Health and Human Services
Office of Inspector General
P.O. Box 30062
Lansing, MI 48909

1-855-MIFRAUD (643-7283)

michigan.gov/fraud

Contact us

1-800-936-0935: TTY users, call 711

Helpful resources available on the website:
bcbsm.com/healthykids

Blue Cross Blue Shield of Michigan

HEALTHY KIDS Dental

We Speak Your Language

ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 877-469-2583 TTY: 711 or speak to your provider.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También se ofrecen, sin costo alguno, ayuda y servicios auxiliares adecuados para proporcionar información en formatos accesibles. Llame al 877-469-2583 TTY: 711 o hable con su proveedor.

تنبيه: إذا كنت تتحدث الإنجليزية، فإن خدمات المساعدة اللغوية المجانية متوفرة لك. تتوفر أيضًا المساعدات والخدمات المساعدة المناسبة لتوفير المعلومات بتنسيقات يسهل الوصول إليها مجانًا. اتصل برقم 877-469-2583 TTY: 711 أو تحدث إلى مزود الخدمة الخاص بك.

注意：如果您说[中文]，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。请致电 877-469-2583 (TTY: 711) 或咨询您的服务提供商。

ܙܘܗܪܐ: ܐܢ ܐܢܬܘܢ ܟܐ ܡܡܠܠܝܬܘܢ ܠܫܢܐ ܐܬܘܪܝܐ، ܬܫܡܫܝܬܐ ܕܗܝܪܬܐ ܠܫܢܢܝܐ ܒܕ ܗܘܝܐ ܦܬܝܚܐ ܩܕܡܝܟܘܢ ܕܠܐ ܐܓܪܐ. ܐܦ ܬܫܡܫܝܬܐ ܘܡܥܝܢܬܐ ܠܣܝܘܥܐ ܠܡܬܠܬܐ ܕܡܕܥܢܘܬܐ ܒܕܘܟܝܬܐ ܡܬܡܛܝܢܝܬܐ ܝܠܗܝ ܦܬܝܚܐ ܕܠܐ ܐܓܪܐ. ܡܩܪܘܢ ܥܠ ܡܢܝܢܐ 711 :TTY 877-469-2583 ܝܢ ܡܡܠܠܘܢ ܥܡ ܡܦܪܢܣܢܘܬܘܢ.

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ và dịch vụ phù hợp để cung cấp thông tin bằng các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi số 877-469-2583 TTY: 711 hoặc trao đổi với người cung cấp dịch vụ của bạn.

VËMENDJE: Nëse flisni shqip, shërbime falas të ndihmës së gjuhës janë në dispozicion për ju. Ndihma të përshtatshme dhe shërbime shtesë për të siguruar informacion në formate të përdorshme janë gjithashtu në dispozicion falas. Telefononi 877-469-2583 TTY: 711 ose bisedoni me ofruesin tuaj të shërbimit.

알림: 한국어를 사용하는 경우 언어 지원 서비스를 무료로 이용할 수 있습니다. 정보를 접근 가능한 형식으로 제공받을 수 있는 적절한 보조 기구와 서비스도 무료로 이용할 수 있습니다. 877-469-2583 TTY: 711 번으로 전화하거나 담당 기관에 문의하십시오.

মনোযোগ দিন: যদি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 877-469-2583 TTY: 711 নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

UWAGA: Osoby mówiące po polsku mogą skorzystać z bezpłatnej pomocy językowej. Dodatkowe pomoce i usługi zapewniające informacje w dostępnych formatach są również dostępne bezpłatnie. Zadzwoń pod numer 877-469-2583 TTY: 711 lub porozmawiaj ze swoim usługodawcą.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzdienste zur Verfügung. Entsprechende Hilfsmittel und Dienste zur Bereitstellung von Informationen in barrierefreien Formaten stehen ebenfalls kostenlos zur Verfügung. Rufen Sie 877-469-2583 TTY: 711 an oder sprechen Sie mit Ihrem Provider.

ATTENZIONE: se parli Italiano, sono disponibili servizi di assistenza linguistica gratuiti. Sono inoltre disponibili gratuitamente ausili e servizi ausiliari adeguati per fornire informazioni in formati accessibili. Chiama l'877-469-2583 TTY: 711 o parla con il tuo fornitore.

注：日本語を話される場合、無料の言語支援サービスをご利用いただけます。情報をアクセスしやすい形式で提供するための適切な補助器具やサービスも無料でご利用いただけます。877-469-2583 TTY: 711 までお電話いただくか、ご利用の事業者にご相談ください。

ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 877-469-2583 TTY: 711 или обратитесь к своему поставщику услуг.

PAŽNJA: Ako govorite srpsko-hrvatski, dostupne su vam besplatne usluge jezične pomoći. Odgovarajuća pomoćna pomagala i usluge za pružanje informacija u pristupačnim formatima također su dostupni besplatno. Nazovite 877-469-2583 TTY: 711 ili razgovarajte sa svojim pružateljem usluga.

PAALALA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga libreng serbisyong tulong sa wika. Magagamit din nang libre ang mga naaangkop na karagdagang tulong at serbisyo upang magbigay ng impormasyon sa mga naa-access na format. Tumawag sa 877-469-2583 TTY: 711 o makipag-usap sa iyong provider.

Discrimination is against the law

Blue Cross Blue Shield of Michigan and Blue Care Network comply with Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex (including sex characteristics, intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes). Blue Cross Blue Shield of Michigan and Blue Care Network does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

Blue Cross Blue Shield of Michigan and Blue Care Network:

- Provide people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as: qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provide free language services to people whose primary language is not English, which may include qualified interpreters and information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, call the Customer Service number on the back of your card. If you aren't already a member, call 877-469-2583 or, if you're 65 or older, call 888-563-3307, TTY: 711.

Here's how you can file a civil right complaint if you believe that Blue Cross Blue Shield of Michigan or Blue Care Network has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance in person, by mail, fax, or email with:

Office of Civil Rights Coordinator
600 E. Lafayette Blvd., MC 1302
Detroit, MI 48226
Phone: 888-605-6461, TTY: 711
Fax: 866-559-0578
Email: CivilRights@bcbsm.com

If you need help filing a grievance, the Office of Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health & Human Services Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal website https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf, or by mail, phone, or email at:

U.S. Department of Health & Human Services
200 Independence Ave, SW
Room 509, HHH Building
Washington, D.C. 20201
Phone: 800-368-1019, TTD: 800-537-7697
Email: OCRComplaint@hhs.gov

Complaint forms are available on the U.S. Department of Health & Human Services Office for Civil Rights website https://www.hhs.gov/ocr/complaints/index.html.

This notice is available at Blue Cross Blue Shield of Michigan and Blue Care Network's website: https://www.bcbsm.com/important-information/policies-practices/nondiscrimination-notice/