

BLUE CROSS BLUE SHIELD OF MICHIGAN HEALTHY KIDS DENTAL NEWSLETTER

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Welcome to the Blue Cross Blue Shield of Michigan Healthy Kids Dental family

Your child's smile is important to you. It's important to us, too. That's why the Michigan Department of Health and Human Services and Blue Cross Blue Shield of Michigan Dental have teamed up to offer you the Healthy Kids Dental program.

With HKD coverage from Blue Cross, your child can get dental exams, teeth cleanings, X-rays, fillings, sealants, fluoride treatments and more at **no cost** to you. Your child also has access to a large network of dentists and an awesome customer service team.

To learn more about HKD benefits and get help finding a dentist near you, visit bcbsm.com/healthykids or call **1-800-936-0935** toll-free. TTY users call **711**.

We'll help you find an HKD dentist

We know that kids with healthy mouths have happy smiles. With Healthy Kids Dental, we make it easy to find a dentist to fit your needs. Simply visit bcbsm.com/healthykids or call our Customer Service team at **1-800-936-0935**. TTY users call **711**.

Important reminder: Your child must see a dentist who accepts Healthy Kids Dental coverage from Blue Cross to receive services at no cost to you. Please bring your child's HKD member ID card to all dental appointments.



Helpful resources

HKD member handbook

Your member handbook outlines your child's dental program and dental benefits. It also explains how schedule appointments.

Dental Certificate of Coverage

This certificate will help you understand your child's benefits, your rights and your responsibilities. Please read it carefully.

Benefit summary

This summary provides the list of covered benefits and limitations in your plan.

You can also access these all these resources online at bcbsm.com/healthykids, or call and ask us to send you a copy.

Choosing a dentist

Visit bcbsm.com/healthykids and select **Find a Dentist**. Or call 1-800-936-0935. TTY users call 711.

Customer Service

Our Customer Service representatives are trained to explain dental treatments and the Healthy Kids Dental plan benefits. They can also refer your child to a dental specialist, send you a replacement ID card and more.

Blue Cross Blue Shield of Michigan
1-800-936-0935 (TTY: 711)
8 a.m. to 5 p.m. Eastern time Monday through Friday

You can also call our Customer Service number after regular business hours for urgent concerns regarding your child's oral health. We can connect you to our emergency help line for assistance.

Transportation

We understand there are times when you need a ride to your dental appointment. As a Healthy Kids Dental member, you qualify for transportation at no cost to you.

If you live in Wayne, Oakland and Macomb counties, call Logisticare to schedule a free ride to your dentist:

Logisticare
1-866-569-1902 (TTY: 711)
24 hours a day, seven days a week

If you live outside of Wayne, Oakland or Macomb County, call your local office of the Michigan Department of Health and Human Services to arrange a free ride to your dentist.

Seal out decay

The first step in having healthy teeth is preventing tooth decay. Sealants can protect your child's teeth against cavities.

What's a sealant?

A sealant is a thin plastic coating placed on the chewing surface of the back teeth. It keeps food and bacteria away from the grooves of these teeth. Sealants protect the teeth from plaque and acids. Plaque can change the sugar and starch from food into harmful acids that attack the teeth and cause cavities.



Who should get a sealant?

All children should have a sealant placed on their back teeth as soon as they erupt. It can only be placed on teeth that don't have cavities. That is why it is important to take your child to the dentist every six months so that the sealant can be applied as soon as the back teeth erupt.

How is a sealant put on teeth?

Your dentist will place a sealant on your child's teeth. After cleaning the tooth, the sealant is painted onto the grooves of the back teeth. Sometimes a special light is used to help harden the sealant. This procedure isn't painful and only takes a few minutes.

Give your child the best chance for healthy teeth by sealing out decay.

Fluoride

Fluoride can protect your child's teeth against cavities.

Why is fluoride needed?

- Teeth are covered with a sticky film of germs called plaque. Plaque uses the food we eat to make acids that cause cavities.
- Fluoride fights the acids that cause cavities by making teeth stronger.
- Even before teeth come in, fluoridated water can make teeth stronger.
- After teeth come in, fluoride treatments, fluoridated water and fluoride toothpaste protect against cavities.

How can my child get fluoride?

- Drink fluoridated water.
- Brush teeth with fluoride toothpaste:
 - Use a tiny smear to brush baby teeth two times daily.
 - Use a pea-sized amount for children ages 3 to 6.
- Use a fluoride mouth rinse after age 6.
- See a dentist for regular fluoride treatments.
- At your child's next well-child visit, ask your primary care provider if he or she provides fluoride treatments.

Contact Us

Phone

1-800-936-0935
TTY: 711

Website

bcbsm.com/healthykids

Text messages

Sign up to receive text messages about your Healthy Kids Dental benefits:
Text "SMILE" to 1-833-271-0459

