

Dental benefits that protect more than just your smile

As part of a dental benefit through our Oral Health, Total Health program, Moda Health offers additional oral health benefits to individuals diagnosed with diabetes and pregnant women in their third trimester.

If you have diabetes

Because diabetes increases the risk of cavities, gum disease, tooth loss, dry mouth and infection, members who have been diagnosed with this disease are eligible for a total of four prophylactic cleanings or periodontal maintenance sessions per year to help them maintain a healthy mouth.

For details on the Oral Health, Total Health program, refer to the dental Member Handbook or visit myModa, your personalized member website. To enroll in the Oral Health, Total Health diabetes program, call us toll-free at 877-277-7280, or fill out the enrollment form on the back of this flyer and mail it to the address provided.

If you're pregnant

Pregnant women who have periodontal (gum) disease are more likely to have a premature and underweight baby. Bacteria can enter the bloodstream through the mouth, and the body's response to the infection can trigger early labor.

To help prevent gum disease, expectant mothers can enroll in our Oral Health, Total Health program. In their third trimester, they are eligible for a prophylaxis (cleaning) or periodontal maintenance, regardless of normal plan frequency limits.

To enroll in the Oral Health, Total Health pregnancy program, call us toll-free at 877-277-7280.



Enroll today

To enroll in the Oral Health, Total Health program, fill out the form on the reverse side of this paper or access the form online by logging in to myModa at modahealth.com. Once you've signed in, simply click on "Oral Health, Total Health" in the myHealth tab.

Health plans in Oregon, Washington and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. Dental plans in Alaska provided by Oregon Dental Service doing business as Delta Dental of Alaska.

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Oral Health, Total Health enrollment form

To enroll in our Oral Health, Total Health program, please follow the instructions below.

For expectant moms, enrolling is a one-step process

If you are pregnant, you can enroll in the Oral Health, Total Health program by calling Moda Health Dental Customer Service at 877-277-7280 after you have scheduled your third trimester cleaning appointment. Be sure to tell us the date of your appointment. It's that easy.

For diabetics, enrolling is as easy as 1-2-3

- 1 Complete the form below.
- 2 Include proof of diagnosis.
- 3 Mail or fax both to Moda Health.

Section 1 > Insurance information

If you are diabetic and wish to enroll in the Oral Health, Total Health program, complete this enrollment form and fax it – along with proof of diagnosis.

Member name	Subscriber name	Subscriber ID no.
Group (plan) number*	Group name*	

* This information is displayed on your ID card and through myModa at modahealth.com.

Section 2 > Proof of diagnosis

Please select one of the following:

- Proof of diagnosis is attached. Examples of proof of diagnosis include a doctor's note or a copy of a prescription supportive of a diabetes diagnosis.
- I have Moda Health medical coverage and have had a claim paid by Moda Health for medical or pharmacy services related to my diabetes. *We will verify the diagnosis on your behalf.*

Section 3 > Authorization

I certify that the information above has been truly and accurately recorded.

Signature	Date
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When is it effective?

Your enrollment will be effective the first of the month following receipt of both the completed Oral Health, Total Health enrollment form and proof of diagnosis.

Ready to submit? Mail or fax this form to Moda Health:

Mail: Moda Health, 601 S.W. Second Ave., Portland, OR 97204 **Fax:** 503-243-3959

Questions? Contact Moda Health Customer Service at 877-277-7280. (TTY users, dial 711.)

modahealth.com