

AGENCY FOR HEALTH CARE ADMINISTRATION

# PREGNANCY & ORAL HEALTH



# NOW THAT YOU ARE PREGNANT

- Take good care of your gums and teeth during pregnancy. It can help you and your baby be healthy.
- Visit the dentist for routine care and any needed treatment.
- Pregnancy causes changes that may increase your chances of getting gum disease.
- Some studies show a link between gum disease and premature birth or low birthweight babies.

## HERE ARE SOME WAYS YOU CAN PREVENT DENTAL DISEASE:

- **Brush** your teeth with fluoride toothpaste. Floss every day.
- **Eat** healthy foods and avoid sugary snacks.
- **Schedule** a check-up today and be sure to let your dentist know that you are pregnant. This will help your dentist provide the best care for you.

## IF YOU ARE:

- **Under the Age of 21 years and Enrolled in a Dental Plan** - Medicaid will cover all of your medically necessary dental services. Contact your plan to find out about extra benefits the plan covers.
- **Age 21 Years and Older and Enrolled in a Dental Plan** - Your plan offers dental and pregnancy related benefits that include check-ups, cleanings and more. Contact your plan to find out about other dental and pregnancy related services the plan offers.

## OTHER WAYS TO GET DENTAL CARE:

Listed below are some numbers to call that may help you get the care you need:

- **County Health Department** Call **850-245-4444** or visit [www.floridahealth.gov](http://www.floridahealth.gov) to find information about your local Health Department.
- **2-1-1** You may also call 2-1-1, which is a community helpline that provides free information about dental and many other services.

Call your Medicaid dental plan for more information on the services they offer. If you need help finding contact information for your plan, call our Medicaid

Helpline at:

**1-877-254-1055**

or visit

[www.ahca.myflorida.com/Medicaid](http://www.ahca.myflorida.com/Medicaid)