



Oral Health, Total Health

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

DENTAL BENEFITS THAT PROTECT MORE THAN JUST YOUR SMILE

Pregnancy

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 ODS' 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 ODS Dental Customer Service at 503-265-5680 or toll-free at 877-277-7280.

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 myODS, your personalized member website. To enroll in the Oral Health, Total Health diabetes program, call ODS at 503-265-5680 or toll-free at 877-277-7280, or fill out the enrollment form on the back of this flier and mail it to the address provided.



ENROLL TODAY

Fill out the form

To enroll in the Oral Health, Total Health program, fill out the form on the reverse side of this paper and fax or mail it to the provided address.

Sign up online

To get to the online form, log on to myODS at www.odscompanies.com/members. Click on the "myhealth" tab then select "Oral Health, Total Health" from the bulleted list.



**Visit myODS to manage your
benefits and access helpful tools
and resources online at
www.odscompanies.com/members**



Oral health, total health enrollment form



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

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 ODS.

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 ODS Dental Customer Service at 503-265-5680 or toll-free at 877-277-7280 after you have scheduled your third trimester cleaning appointment. Be sure to tell the ODS Customer Service Representative the date of your appointment. It's that easy.

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 — to 503-243-3959, or mail it to ODS, 601 S.W. Second Ave., Portland, OR 97204.

Member name: _____

Subscriber name: _____ Subscriber ID number: _____

Group (plan) number*: _____ Group name*: _____

Signature: _____ Today's date: _____

** This information is displayed on your ODS ID card and through myODS at www.odscpanies.com.*

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 ODS medical coverage and have had a claim paid by ODS for medical or pharmacy services related to my diabetes. *We will verify the diagnosis on your behalf.*

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.

A complete description of this program is available in your Member Handbook or through myODS at www.odscpanies.com.