



Dental Resource Guide



The purpose of this guide is to assist the public with finding a dentist that is right for you, help you understand your dental benefit and what is covered, explain how to apply for dental insurance, and help with accessing oral health services in Delaware.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Bureau of Oral Health and Dental Services

What can I do if I do not have dental insurance?

Apply for insurance through Medicaid:

- Submit an online application through ASSIST:
<https://assist.dhss.delaware.gov/>
- Get a paper application mailed to you by calling 1-800-372-2022 or 302-255-9500
- To find the nearest Delaware State Service Center that is accepting applications onsite. Call 1-800-372-2022 or 302-255-9500

I do not qualify for Medicaid and need dental Insurance...

Choose Health Delaware is a free official program that helps individuals and businesses learn more about low-cost high-quality health coverage available through the Health Insurance Marketplace.

- Online access:
<https://www.choosehealthde.com>
- Call 1-800-318-2596 (TTY: 1-855-89-4325 24 hours a day, 7 days a week to speak to a federal application counselor.)

Medicaid Dental Benefit under age 21

Age for Coverage:

- Dental services are covered for children eligible for Medicaid through age 20
- Dental services are covered for children eligible for the Delaware Healthy Children Program (DHCP) through age 18

Who to contact with questions about your coverage?

- Medicaid Customer Relations: 302-571-4900
- Health Benefits Manager: 1-800-996-9969
- Medicaid and DHCP dental services are not managed by a managed care organization and are a Fee for Service (FFS) operated by Delaware Medicaid.

What is covered?

- Preventive care: dental cleanings, fluoride, sealants, x-rays, etc.
- Restorative care: fillings, crowns, etc.
- Braces: No referral needed, prior authorization or co-payment required for first evaluation. Braces are only covered when they meet the criteria for medical necessity.

Eligible Delaware Medicaid clients in need of non-emergency transportation for dental visits contact:
Modivcare at **1-866-412-3778**.

How to Find a dentist for children under age 21

- <https://medicaid.dhss.delaware.gov/member/Resources/SearchProviders/tabid/97/Default.aspx?AspxAutoDetectCookieSupport=1>
- Or scan the QR code below with your smart phone camera to search for a dentist:



Create a member login: The Delaware Medical Assistance Portal (DMAP) contains all the information you need to know about your Delaware Medical Assistance benefits. Want to login and see your personal health benefits? Visit: <https://medicaid.dhss.delaware.gov/>

Non-covered services: Dental services not medically necessary or cosmetic in nature may not be covered. The provider must notify you if a service will not be covered and can't bill you for the service unless you agreed to pay for the service out of pocket before it is completed.

Non-qualified non-citizens: Covered for life threatening emergency services and labor and delivery care only. On a case-by-case basis, emergency dental services for a non-qualified alien child through age 20 will be considered for payment when a true documented dental emergency has been substantiated. Only the initial triage services necessary to treat the emergency condition (pain, infection, bleeding) are covered.



You have the power to prevent cavities.

Babies are not born with the germs that cause cavities – they get them from grown-ups. By taking a few simple steps, you can avoid spreading harmful bacteria to your baby's mouth. Here's how you can make sure your child is free from cavities and other painful, expensive dental diseases:

- Don't put things in your mouth before your baby's – no sharing spoons, forks, or cups.
- Put only formula, milk, or water in a baby bottle – no juice or sweet drinks.
- Don't dip pacifiers in honey or sugar.
- All children should see a dentist by their first birthday.

Cavities are the most widespread childhood disease in the U.S. and can lead to a lifetime of pain, self-esteem issues, and learning problems. You have the power to stop them!

Recommended Dental Care Schedule for Babies	
No Teeth	Clean gums with a clean wash cloth morning and night.
With Teeth	Brush teeth with a soft toothbrush and fluoride toothpaste twice a day.



En tus manos está prevenirlo de caries.

Los niños no nacen con los gérmenes que causan caries sino que los reciben de los adultos. Las siguientes recomendaciones ayudarán a que tu niño esté libre de caries y de otras enfermedades bucales dolorosas y costosas de tratar:

- No le des de comer o beber con cucharas, tenedores o tazas que hayan sido usadas por adultos.
- Usa el tetero o biberón para darle fórmula, leche, o agua. No lo uses para darle jugos de frutas o bebidas dulces.
- No pongas miel o azúcar en el chupete, ni lo limpies con tu boca.
- Debes llevar a tu niño a su primera revisión con un dentista antes de que cumpla un año.

Las caries son la enfermedad bucal infantil más común en los Estados Unidos y pueden causar que los niños sufran dolor, problemas de autoestima y de aprendizaje. En tus manos está evitarlo.

Plan para el mantenimiento de los dientes	
Niño sin dientes	Límpiale las encías con un paño suave y limpio, por la mañana y por la noche.
Niño con dientes	Cepíllale con un cepillo de dientes suave y pasta dental con flúor (fluoride), dos veces al día.

Medicaid Dental Benefit over age 21

Highmark Health Options Dental Coverage

Effective October 1, 2020, Highmark Health Options will begin covering Dental Care Services for members ages 21 and over:

- A maximum benefit limit will be \$1,000 per calendar year.
- An additional \$1,500 will be available via prior authorization for emergency dental care as an extended benefit
- Copay of \$3.00 per visit. (*Copays are waived during the COVID-19 state of emergency*).
- Members are also liable for any payment of dental services that exceed the benefit limit and/or are not covered by the adult dental benefit

Adult Dental Benefits

- Clinical Oral Evaluations
- Diagnostic Imaging
- Oral and Maxillofacial Surgery
- Periodontics
- Preventive Services
- Repairs and Relines to Prosthodontics
- Restorative Services
- Testing and Examination

Find a Dental Provider for Highmark

- Call Member Services: 1-844-325-6251
- http://healthoptions.prismisp.com/index.php?sub_tab=dental_professionals
- Or scan the QR code below with your smart phone camera



Did you know?

Surgery: A dental clearance to treat dental infections in your teeth or gums may be required before your surgery to prevent bacteria from causing surgical complications. It's especially important with heart procedures, such as a valve replacement, joint replacements, organ or stem cell transplants, and some cancer treatments.

Diabetes: Diabetics may experience dry mouth and less saliva causing a sensation of a burning mouth or tongue, which may cause cavities.

AmeriHealth Caritas Delaware Dental Benefit

AmeriHealth Caritas Delaware members ages 21 and older are enrolled in the Medicaid dental benefit. This benefit was effective on October 1, 2020.

- A maximum benefit limit will be \$1,000 per calendar year.
- An additional \$1,500 will be available via prior authorization for emergency dental care as an extended benefit
- Copay of \$3.00 per visit. (*Copays are waived during the COVID-19 state of emergency*).
- Members are also liable for any payment of dental services that exceed the benefit limit and/or are not covered by the adult dental benefit

Adult Dental Benefits

- Cleanings
- X-rays
- Cavity fillings
- And more

Find a Dental Provider

- **Call:** Diamond State Health Plan: 1-844-211-0966 (TTY 1-855-349-6281).
- **Call:** Diamond State Health Plan-Plus: 1-855-777-6617 (TTY 1-855-362-5769)
- https://amerihealthcaritaspa.healthsparq.com/healthsparq/public/#/one/city=&state=&postalCode=&country=&insurerCode=ACP_I&brandCode=ACP&alphaPrefix=&bcbsaProductId=&productCode=0500

Find a Dental Provider for AmeriHealth *Continued*

- Or scan the QR code below with your smart phone camera.



Did you Know?

Vomiting: Wait 30 to 60 minutes before brushing your teeth after vomiting to avoid rubbing the acid from your stomach over your teeth. Exposure to these acids causes damage to the tooth's outer surface (enamel) and can lead to permanent weakening of the teeth, overly sensitive and discolored teeth, decay, and other complications.

Instead, immediately swish with a mixture of one cup of water and one tsp baking soda to neutralize some of the acid and brush 30 to 60 minutes later.

Acid Reflux or GERD: The stomach's gastric acids come back up through the long tube between your stomach and mouth. Constant exposure to these acids causes damage to the tooth's outer surface (enamel) These conditions left untreated can have an impact on overall health as well as oral health.



Dental Disease is Preventable.

If left untreated, cavities and other dental infections can lead to serious health problems. These infections can spread to other parts of the body and, in very rare cases, be life threatening. The good news is that most dental disease can often be prevented with these healthy habits:

- ☐ Brush your teeth twice every day for two minutes with fluoride toothpaste.
- ☐ Floss between all your teeth, every day.
- ☐ See your dentist regularly – ideally every six months.
- ☐ Drink plenty of water, eat a balanced diet, and limit between-meal snacks.
- ☐ Avoid starchy, sweet, and sticky foods, as well as sugary drinks.
- ☐ Don't smoke or use tobacco products.

Good health starts with your smile, so get your mouth in shape starting today. With proper care a healthy smile should last a lifetime.



Si las caries y otras infecciones dentales se dejan sin tratar, pueden causar problemas de salud graves. Estas infecciones se pueden propagar a otras partes del cuerpo y en algunos casos extremos, pueden atentar contra la vida. La buena noticia es que la mayoría de las enfermedades dentales se pueden prevenir frecuentemente con estos hábitos saludables:

- ☐ Cepíllate dos veces al día, dos minutos cada vez, con una pasta de dientes con flúor.
- ☐ Pásate la seda dental entre todos los dientes, todos los días.
- ☐ Visita a tu dentista con regularidad, idealmente cada seis meses.
- ☐ Bebe bastante agua, consume una dieta balanceada y limita los bocadillos entre comidas.
- ☐ Evita alimentos ricos en almidón, dulces y pegajosos, así como las bebidas azucaradas.
- ☐ No fumes o uses productos de tabaco.

Una buena salud empieza por la sonrisa, así que pon tu sonrisa en buena forma a partir de hoy. Con el cuidado adecuado, una sonrisa saludable puede durar toda la vida.

No Insurance

Several Delaware clinics provide affordable oral health services for adults and children. This guide contains a comprehensive list of federally qualified health centers and dental clinics in New Castle, Kent, and Sussex counties that provide affordable care to all populations.

New Castle County

Delaware Tech Dental Health Center

200 North Orange Street,

Wilmington, DE 19801

Call: 302-571-5364

[Delaware Technical Community College \(dtcc.edu\)](http://dtcc.edu)

Henrietta Johnson Medical Center - Southbridge

601 New Castle Ave., Wilmington, DE 19801

Call: 302-655-6187 ext. 416

[SERVICES \(hjmc.org\)](http://hjmc.org)

Nemours Senior Care

1801 Rockland Road, Wilmington, DE 19803

Call: 302-651-4400

[Milford & Wilmington, DE \(seniorcarenemours.org\)](http://seniorcarenemours.org)

Westside Family Health Care Dental

908-b 16th Street, Wilmington, DE 19802

Call: 302-678-4622

[Medical and Dental – Westside Family Healthcare \(westsidehealth.org\)](http://westsidehealth.org)

Westside Family Health Care Dental

1802 W. 4th St., Wilmington, DE 19805

Call: 302-655-5822

[Medical and Dental – Westside Family Healthcare
\(westsidehealth.org\)](http://westsidehealth.org)

Westside Family Health Care Dental

27 Marrows Road, Newark, DE 19713

Call: 302-678-4622

[Medical and Dental – Westside Family Healthcare
\(westsidehealth.org\)](http://westsidehealth.org)

Wilmington Hospital Health Center-Dental

501 West 14th Street, Wilmington, DE 19801

Call: 302-428-4850

<http://christianacare.org/services/dentistry/>

Kent and Sussex Counties

La Red Health Center

21444 Carmean Way, Georgetown, DE 19947

Call: 302-855-1233

[http://www.laredhealthcenter.org/index.cfm?ref=20200
&ref2=28](http://www.laredhealthcenter.org/index.cfm?ref=20200&ref2=28)

Nemours Senior Care

909 N. DuPont Blvd.,

Milford, DE 19963

Call: 302-930-9915

<http://seniorcarenemours.org/home/locations.html>

Westside Family Health Care Dental

1020 Forrest Avenue, Dover, DE 19904

Call: 302-678-4622

[Medical and Dental – Westside Family Healthcare
\(westsidehealth.org\)](http://westsidehealth.org)

Medicare

Medicare is a federal health insurance program for people 65 and older and for people under 65 with specific disabilities. Medicare only covers dental services related to certain medical conditions or treatments. It does not cover dentures or most routine care like check-ups, cleanings, or fillings.

Call 1-800-MEDICARE (1-800-633-4227). Be sure to have your Medicare number handy when you call.

Delaware State Dental Society

Search for Dentists who are in private practice:

The Delaware State Dental Society Member Locator system provides a comprehensive and searchable list of dentists by city, zip code or specialty:

[Find A Dentist \(delawarestatedentalsociety.org\)](https://delawarestatedentalsociety.org)

- Or scan the QR code below with your smart phone camera.





Start protecting your baby's smile now.

Taking good care of your teeth during pregnancy is important for you and your baby. Left untreated, severe gum disease may be associated with preterm birth and low birth weight. Protect your teeth:

- Brush twice daily with a fluoride toothpaste, and floss daily.
- Limit sugary foods.
- Drink water or low-fat milk instead of soda.
- If you have morning sickness, rinse your mouth with a teaspoon of baking soda and water after vomiting to remove harmful acid; wait 30 minutes, and then brush your teeth.
- Chew sugarless gum after eating.

Snacking, nausea, and hormonal changes are a natural part of pregnancy, but can make you particularly vulnerable to dental disease. By taking good care of your smile during pregnancy, you are protecting your baby's teeth, too!



Cuida la sonrisa de tu niño desde ahora.

Al cuidar tus dientes durante el embarazo, también estás protegiendo los dientes de tu bebé. Las siguientes recomendaciones ayudarán a que tu bebé tenga dientes saludables y una linda sonrisa:

- Cepilla dos veces al día con una pasta dental que tenga flúor (fluoride) y también usa hilo dental.
- Si vas a consumir alimentos con azúcar, hazlo a la hora de las comidas.
- Bebe agua o leche baja en grasa, en vez de soda.
- Si tienes vómitos en la mañana, después de vomitar enjuaga tu boca con una cucharadita de bicarbonato de soda (baking soda) disuelta en agua, para remover cualquier ácido perjudicial que quede; espera 30 minutos y cepíllate los dientes.
- Si no puedes cepillarte los dientes después de comer, mastica un chicle sin azúcar (sugarless) pues te ayuda a limpiar los dientes.

En las mujeres embarazadas, los antojos de comer alimentos con azúcar y los vómitos les aumentan el riesgo de problemas dentales. Al cuidar tus dientes, también estás cuidando a tu bebé.



Be a Smart Mouth with a Healthy Smile.

Your smile is one of the first things people notice. Keeping it healthy is up to you. Cavities, bad breath, gum disease, and other dental problems can happen to anyone; but are often preventable. Here's how you can be a smart mouth:

- ☐ Brush your teeth twice every day for two minutes with fluoride toothpaste.
- ☐ Floss between all your teeth, every day.
- ☐ See your dentist regularly – ideally every six months.
- ☐ Drink water and avoid sugary beverages like soda, sports, and energy drinks.
- ☐ Avoid starchy, sweet, and sticky snacks like hard candy, chips, and crackers.
- ☐ Wear a mouth guard when playing sports.
- ☐ Don't pierce your tongue, mouth, or lips, or use tobacco products.



Pásate de listo con una sonrisa saludable.

Tu sonrisa es una de las primeras cosas que la gente nota. En tus manos está mantenerla saludable. Las caries, el mal aliento, las enfermedades en las encías y otros problemas dentales le pueden pasar a cualquiera; pero a menudo son prevenibles. Para pasarte de listo con la salud de tus dientes:

- ☐ Cepíllate dos veces al día, dos minutos cada vez, con una pasta de dientes con flúor.
- ☐ Pásate la seda dental entre todos los dientes, todos los días.
- ☐ Visita a tu dentista con regularidad, idealmente cada seis meses.
- ☐ Bebe agua y evita bebidas azucaradas como las sodas, bebidas para deportes y energéticas.
- ☐ Evita bocadillos ricos en almidón, dulces y pegajosos como los caramelos duros, totopos y galletitas.
- ☐ Usa una guarda o protector bucal cuando practiques deportes.
- ☐ No te perfores la lengua, boca o labios, ni uses productos de tabaco.

Una boca saludable no solo te ayuda a verte bien, pero también ayuda a mantener el resto de tu cuerpo saludable. Así que... ¡pásate de listo cuidándote tu boca!



A healthy smile should last a lifetime.

Cavities can be extremely painful and treatment very costly for parents. If left untreated, tooth decay can cause school absences and negatively impact a child's development and self-esteem. It doesn't have to be this way – you have the power to prevent dental disease!

- Take your child to the dentist every six months.
- Make sure your kids brush with fluoride toothpaste twice a day and floss daily.
- Brush and floss your children's teeth until they're coordinated enough to tie their shoes, usually around age six.
- Limit sugary foods and drinks, and drink fluoridated water.
- Get dental sealants (a liquid coating that prevents tooth decay) by age six to protect the first permanent molars.

Cavities are the most common childhood disease in the U.S. – yet they can almost always be prevented. Take good care of your child's teeth now through simple, preventative activities to avoid significant problems later.



Una sonrisa saludable debe ser para toda la vida.

Las caries pueden ser extremadamente dolorosas y un tratamiento costoso para los padres. Si éstas no son tratadas, las caries pueden causar ausencias escolares que impactan negativamente el desarrollo escolar y la autoestima del niño. No tiene que ser así – usted tiene el poder para prevenir enfermedades dentales!

- Lleve a su niño al dentista cada seis meses.
- Asegúrese de que su niño utiliza el hilo dental y se cepilla dos veces al día con una pasta de dientes que contenga fluoruro.
- Cepille y use el hilo dental en su hijo hasta que éste tenga la coordinación suficiente para amarrar sus zapatos, generalmente a los seis años.
- Limite el consumo de comidas y bebidas azucaradas, y que consuma agua con fluoruro.
- Use selladores dentales (un líquido de revestimiento que ayuda prevenir las caries) a los seis años de edad para proteger las primeras muelas permanentes que empiezan a aparecer.

Las caries es la enfermedad más común en los niños de los Estados Unidos – aún cuando éstas pueden prevenirse. Cuide de los dientes de su niño ahora con actividades simples y preventivas para evitar problemas serios más adelante.

Bureau of Oral Health and Dental Services

MISSION: To promote and provide essential public health services to improve the oral health and well-being of all Delawareans.

- Call: 302-622-4540
- <https://www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html>
- Or scan the QR code below with your smart phone camera.



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