

BLUE CROSS BLUE SHIELD OF MICHIGAN HEALTHY KIDS DENTAL NEWSLETTER

Fall/Winter | 2019

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Fall Brings Golden Leaves, Softer Sunlight, and Tons of Sweet Treats & Eats

Healthy teeth and gums are important to your health. Your child should have regular checkups every six months for a bright and healthy smile. Children should see the dentist when their first tooth starts to form. Find a dentist in the Healthy Kids Dental (HKD) network within your community today.

Blue Cross Blue Shield of Michigan covers your child's dental care through the Healthy Kids Dental (HKD) program. Your child can get dental exams, teeth cleanings, X-rays, fillings, sealants, fluoride treatments and more at no cost to you. Your child will have many dentists to choose from, and the customer service team is always available to help answer your questions.

Learn more about HKD benefits and finding a dentist near you by visiting www.bcbsm.com/healthykids or call us at 1-800-936-0935 toll-free (TTY users call 711).

Halloween, Thanksgiving and Christmas: The Perfect Storm of Celebrations ...

Make sure to give your child's teeth the gift of care.

Holiday tips for healthy teeth:

1. **Don't crack nuts with your teeth** – Most hard nutshells can cause serious problems to teeth and gums.
2. **Don't give kids chewy treats** – Sticky foods, candy and gum can cause cavities and can even yank out fillings.
3. **Eat healthy snacks** – Choose snacks like cheese, raw vegetables, plain yogurt, or fruit.
4. **Don't eat too many snacks between meals** – Snacks cause acid in the mouth. Acid causes cavities.



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These online resources can be found at www.bcbsm.com/healthykids

HKD Member Handbook

The member handbook will tell you all about the HKD dental program, covered benefits and how to choose a dentist.

Dental Certificate of Coverage

This certificate will help you understand the HKD benefits as well as your rights and responsibilities under the HKD program. Please read it carefully.

Benefit Summary

Provides a list of benefits and limitations in the HKD plan.

Choosing a Dentist

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

Customer Service

Our customer service team is very helpful. They can tell you all about the Healthy Kids Dental plan benefits. They can also help connect your child to a dentist, send you an ID card and more.

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

You can also call 1-800-936-0935 after hours if you have an urgent concern about your child's dental health. We can connect you to our emergency help line for assistance.

Transportation Services

We know there are times when you need a ride to your HKD dental appointment. Your HKD program offers this service to help you get there.

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

LogistiCare
1-800-569-1902 (TTY users call 711), 24 hours a day, seven days a week

If you don't live in Wayne, Oakland or Macomb county, call your local Michigan Department of Health and Human Services office to arrange free transportation to your dentist appointment.

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

