



Welcome!

With TennCare, Renaissance has dental plans for eligible kids and adults. This includes pregnant and postpartum, Employment and Community First CHOICES (ECF), and 1915(c) waiver members.

Summer smiles: Don't skip your checkup

Keep preventive dental care on the calendar this summer! A routine checkup with your dental home (assigned primary care dentist) helps fight cavities and gum disease.

- **Schedule early and often:** Summer calendars fill fast. Booking early helps avoid back-to-school or end-of-year crowds. Use the [Member Portal](#) to check your dental home and make an appointment.
- **Use summer flexibility:** Take advantage of school being out!
- **Don't delay minor issues:** Sensitivity, discomfort or bleeding gums can worsen if ignored. Fixing problems early can help prevent bigger procedures later.
- **Protect teeth during activities:** Wear a mouthguard for summer sports. It can help prevent chipped or knocked-out teeth.

A little time in the dental chair now means a worry-free season ahead!

Healthy habits: Five summer eating tips for dental health

A healthy summer isn't just about staying active. Nutrition plays a key role in maintaining strong teeth and healthy gums. It's also about making smart nutrition choices that protect your oral health. What you eat and drink plays a major role in keeping enamel strong.

Here are five easy summer eating habits that keep your smile healthy.

1. **Stay hydrated with water:** Water helps rinse away bacteria. It also counteracts dry mouth caused by heat. Keep water with you throughout the day.
2. **Limit sugary drinks:** Lemonade, sports drinks, iced tea and soda can erode enamel. If consumed, use a straw and rinse with water afterward.
3. **Choose tooth-friendly snacks:** Try fresh fruits, vegetables, cheese, yogurt or nuts!
4. **Be mindful of grazing:** Frequent snacking increases acid exposure. Try to keep snack-time structured, and brush or rinse afterward.
5. **Watch sticky treats:** Ice cream, gummies and popsicles can cling to teeth. Encourage brushing after sticky, sweet treats.

Dental care tip: Dental habits that matter year round

1. Brush twice daily with fluoride toothpaste, and floss once a day.
2. Replace toothbrushes every three to four months or after illness.
3. Maintain regular dental checkups, even when nothing feels “wrong.”

 **Fun fact:** Tooth enamel is the hardest substance in the human body. It's even harder than bone! Its job is to protect the inner layers of your teeth.

Game on: Tooth Fairy fun!

Can you help the Tooth Fairy complete all her daily activities?



Quick tips

Update your contact information

Update your TennCare contact information online at tenncareconnect.tn.gov to make sure you get important coverage updates and renewal packets. You can also call 855-259-0701 to update your address, phone number and household information so you don't get coverage gaps.

Reporting fraud, waste or abuse

If you suspect someone of fraud, waste or abuse, you can make an anonymous report. This means they won't know the report is from you. Call our anti-fraud hotline at 800-971-4139. You can also submit a report online at tenncare.renaissancebenefits.com/fraud-and-abuse-form. Review your member handbook for more information about fraud, waste and abuse.

In your language

Get benefit assistance, auxiliary aids and services, or language help to talk with TennCare. Call TennCare Connect for free at 855-259-0701.

HIPAA notice

TennCare takes your privacy seriously. You can find our online privacy policies, like HIPAA policy, at tenncare.renaissancebenefits.com/privacy.

Did you know you have these rights?*

You can ask for TennCare's rules. These are state and federal rules for health and dental plans. To get a copy, call TennCare Connect at 855-259-0701.

You can also look at Renaissance's clinical practice guidelines. These guidelines help make sure you get good care. Your dentist must follow them when treating you. You can view the guidelines at tenncare.renaissancebenefits.com/clinical-criteria.

*See your member handbook for all member rights.