



Hello, fall!

As a Renaissance member, you have dental benefits to help keep your smile healthy, including during pregnancy. Regular checkups and cleanings help keep your teeth and gums healthy. They may also lower your chance of gum disease.

Taking care of your smile

Healthy teeth and gums matter at every age. Regular dental visits help prevent cavities and gum disease. Finding problems early is easier and can cost less to treat.

Nervous about visiting the dentist? - You're not alone. Many people feel nervous about going to the dentist. You may worry because of a bad experience, fear of pain, or not knowing what will happen. If you're feeling nervous, let your dental team know before your appointment. Dentists and hygienists help nervous patients every day. They can explain what will happen, answer your questions, and help you feel more comfortable.

Scheduling a checkup is a great first step. It can help keep your mouth healthy and prevent bigger problems later.

Pregnancy and oral health: Why healthy gums matter

Taking care of your teeth and gums is an important part of a healthy pregnancy. It helps both you and your baby.

Why it matters - Pregnancy hormones can make your gums sore, swollen, or easier to bleed. They can also raise your chance of gum disease. If gum disease is not treated, it may raise the risk of your baby being born too early¹.

Call your dentist if you notice:

- Red, swollen, or tender gums
- Bleeding when brushing or flossing
- Persistent bad breath

¹ American Pregnancy Association, "Swollen Gums During Pregnancy," web.

- Pain when chewing
- Gums pulling away from your teeth

 **Did you know?** The bacteria that cause cavities can be passed from parent to baby through saliva². Simple habits—like avoiding shared utensils and taking care of your own teeth—can help protect your baby’s developing smile.

Healthy habits for a healthy pregnancy

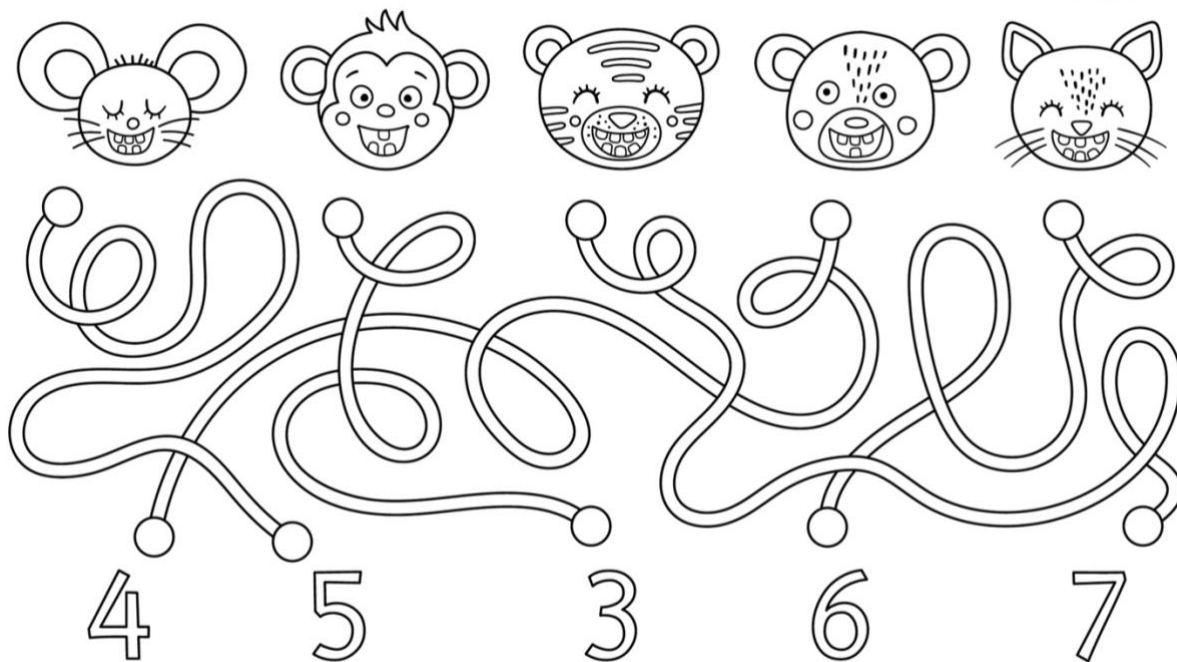
A few simple habits can help keep your gums healthy throughout pregnancy:

- Brush twice a day with fluoride toothpaste.
- Floss daily to remove plaque between teeth.
- Eat healthy foods like fruits, vegetables, and whole grains.
- Take prenatal vitamins as recommended by your healthcare provider.
- Avoid smoking and alcohol, which can harm your oral and overall health³.
- Keep up with regular dental checkups and cleanings. Dental checkups and cleanings are safe during pregnancy—just be sure to let your dentist know you're expecting.

Healthy gums help support a healthy pregnancy. If you have questions, talk with your dentist or doctor.

Game on: How many teeth in my smile?

Can you count the number of teeth in each smiler? **Hint:** Follow the loopy maze to help match the smile to the number of teeth.



² Smiles for Oral Health, “Caries Risk Transmission from Mother to Child,” web.

³ Centers for Disease Control and Prevention, “Smoking, Pregnancy, and Babies,” web.

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.*