



Oral Health Resources



Practice a Good Oral Health Routine

It's important to take care of your oral health to protect your mouth and body. It is recommended that everyone have their first dental checkup by age 1.

- Drinking plenty of water helps saliva clear sugar from your teeth. Dry mouth can cause sores and decay.

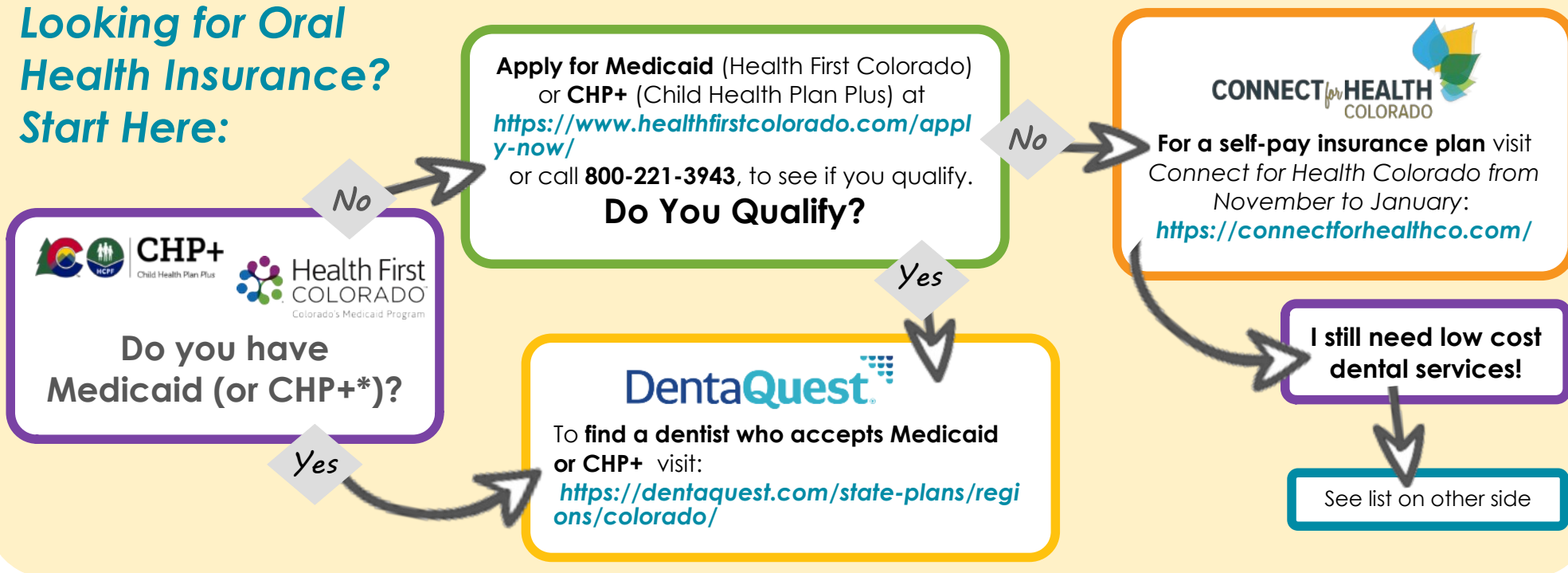


- Brushing twice a day with fluoride toothpaste and flossing once a day.
- Replacing your toothbrush every 3 months or sooner if the bristles look worn out will ensure effective cleaning.
- Eating sticky or sweet foods, especially between meals, leads to tooth decay.
- Drinking sugary and acidic drinks also contributes to tooth decay.
- Help young children brush and floss until they are able to do it themselves.
- Sharing your toothbrush means sharing bacteria.



- Eating a nutritious diet, including lots of fruits and vegetables, helps keep teeth and gums healthy.
- If you wear dentures, taking them out and cleaning them every day helps keep gums healthy.
- All tobacco products increase the risk of tooth decay and even oral cancer. (If you want help quitting, visit <https://coquitline.org>)

Looking for Oral Health Insurance? Start Here:



Clinics							
Clinic Name	Locations	Phone	Website	Kids	Adult	Qualifications/Programs	Payment/Insurance Info
Inner City Health	Denver, Wheat Ridge	303-296-4873	www.innercityhealth.org	x	x	Do not have to be established patient; accepting new patients	Medicaid, CHP+, Medicare (Delta Dental PPO plan Income-based sliding fee for uninsured)
Salud Family Health Center	Brighton, Commerce City	303-697-2583	www.saludclinic.org/dental	x	x	Do not have to be established patient; accepting new patients	Medicaid, CHP+, Medicare, CO Senior Dental Program, Delta Dental Income-based sliding fee for uninsured
STRIDE	Throughout metro Denver	303-360-6276	www.stridechc.org	x	x	Established patient with primary care doctor OR: Pregnant, Diabetes, HIV/AIDS, OR child under 18 needing emergency care	Medicaid, CHP+, Medicare Financial screening for those uninsured
Tepeyac Community Health Center	Denver - dental inside	303-458-5302	www.tepeyachealth.org	x	x	Do not have to be established patient; accepting new patients	Medicaid, CHP+, Medicare Income-based sliding fee for uninsured
Worthmore Clinic	Denver	720-460-0995	projectworthmore.org/programs/worthmore-clinic	x	x	Do not have to be established patient; accepting new patients	Medicaid, CHP+, Medicare

Other Resources

CU School of Dental Medicine	13065 E. 17th Avenue, 1st Floor, Aurora	303-724-6900	dental.cuanschutz.edu	12-18	x	Do not have to be established patient, but must be screened to ensure issues are not too complex	Medicaid, CHP+, Medicare, Delta Dental Medicare Advantage, private insurance, private pay; veteran & seniors may be eligible for funding programs
Dental Lifeline Network Program	Throughout metro Denver	303-534-5360	dental.lifeline.org		65+	Adults 65+ OR permanently disabled OR need medically necessary dental care	Must use dental insurance first, and provide copy of dental coverage and/or letter of denial with application
Denver Health	6 locations throughout Denver	303-436-4949	www.denverhealth.org/services/dental-care	x	x	Do not have to be established patient; accepting new patients	Medicaid, CHP+, Medicare, CICP
Colorado Gerontological Society Dental Grant	Providers are throughout metro Denver	303-333-3482	www.senioranswers.org/programs/dental-grants		60+	Dental Care for Low-Income Seniors; accepting new applications; applicants screened for social & economic need	Individuals on Medicaid or private insurance not eligible; must meet income guidelines
Rodeo Dental	Aurora, Denver, Arvada, Thornton, Colorado Springs	888-453-4129	https://www.rodeodental.com/	x	x	everything there - orthodontics, etc	Medicare, CICP, low-cost payment plans for bigger dental work
Martinez Mobile Dental	Mobile; travels to you	303-945-5231	http://martinezmobiledental.com/	x	x	Assisted Living Services, Daycare & School Services	Medicare, CICP, some free dental clinic days and low-cost services.

Dental Offices with Payment Plans

Bright Now Dental	Throughout metro Denver	844-400-7645	www.brightnow.com	x	x	Flexible payment plans; accepts most dental insurance plans
Comfort Dental	Throughout metro Denver	303-232-2300	comfortdental.com	x	x	Reduced-fee dental membership plans
OneSmile Dental Plan	Throughout metro Denver	833-417-6453	1smiledentalplan.com	x	x	Subscription-based discount health care plan
RISAS	Throughout metro Denver	844-651-5280	risasdental.com	x	x	Membership program, and flexible payment options



For more info and resources for Oral Health, visit aurorahealthalliance.org/aurora-smiles-2 or scan the QR Code above.

