

# dental care for expectant moms

## Moms-to-be: Make a dental appointment today!

Being pregnant can be hard on your teeth and gums. **Good oral health can help you and your growing baby stay healthier.** That's why regular dental checkups before, during, and after pregnancy are important.

### We offer extra dental benefits to pregnant members. This includes:

- Oral exams
- Teeth cleanings
- Periodontal services

Call your dental provider right away if you have pain, swelling, or any of the following problems:

- Bad breath
- Loose teeth
- Mouth sores or lumps on the gums
- New spaces between your teeth
- Receding gums (when your gums pull away from your teeth so you can see roots of your teeth) or pus along your gumline
- Gums that are red, swollen, tender, shiny, or bleed easily
- Toothache or other pain



### Some studies show a link between gum disease and premature (early) birth.

Premature birth happens before 37 weeks of pregnancy. The earlier a baby is born, the higher the risk for serious health issues.



Questions? Call Meridian Member Services at **866-606-3700** (TTY: 711). Scan the QR code or visit [ILmeridian.com/DentalCareforMoms](https://www.ilmeridian.com/DentalCareforMoms) to find an in-network provider.





Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Español (Spanish):** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).