

## How do adults stay healthy?

### *Wellness, vision, dental programs and more with Maryland Physicians Care*

Maryland Physicians Care wants your whole family to be healthy. That means that adults in the family also need to eat right, exercise, and have regular checkups. If you need to find a doctor in your area, we can help. Just call Member Services at **1-800-953-8854**. (TDD/TTY 1-800-735-2258)

**Make your yearly checkup a priority** You should schedule a checkup every year even if you don't feel sick. Your doctor will give you a physical exam and check your blood pressure, cholesterol, blood sugar, and Body Mass Index (BMI). Depending on the time of year, you may also get a flu shot. Women may need a breast exam, mammogram, or cervical cancer screening (Pap smear). If you need help scheduling a well -woman check, call Member Services at **1-800-953-8854**.

#### **Your doctor may recommend other screenings**

Men and women need different screenings at different times. Your doctor will tell you when you need to have these done. **It is important that you don't skip these screenings.** If your doctor finds any problem, you can get treatment right away. Sometimes, it may even save your life!

#### **Don't forget to take care of your teeth**

Your dental health can affect the health of your whole body. So it's important to take care of your teeth too. If you're over 21, we cover low-cost dental care:

- Free exams and cleanings twice a year
- Limited X-rays once a year
- Limited cavity fillings (with some cost to you)
- Simple and medically necessary emergent extraction (with some cost to you)
- 20% discount on non-covered dental services

#### **When you need dental care, call**

##### **DentaQuest**

Maryland Physicians Care uses DentaQuest for dental services. When you're ready, getting a dental checkup is as easy as 1-2-3.

1. Choose a dentist by calling DentaQuest **1-800-685-1150**.
2. Make an appointment with the DentaQuest dentist you chose.
3. Give the dentist your Medical Assistance number. (This is the number on your Maryland Physicians Care ID card.)

If you have any questions about your dental benefits, just call DentaQuest at **1-800-685 - 1150** or call Maryland Physicians Care at **1-800-953-8854**. (TDD/TTY **1-800-735-2258**)

**Eyesight not so good? – We can help** If you're over 21, we cover routine vision care at no cost to you. When you need vision care, you can check our provider list, or call **Superior Vision** directly at **1-800-428-8789**. You can get:

- One eye exam every year
- One set of glasses OR contact lenses every two years
- One pair of lenses every year (when needed)

### **Substance Use Disorders**

Substance Use Disorder Services are comprehensive assessments, individual and group counseling, methadone treatment, detox treatment, intensive outpatient, partial hospitalization and opioid maintenance.

To request Substance Use Disorder Services please contact the Behavioral Health Systems, etc. by calling **1-800-888-1965**.

