



# Member Bulletin

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## November 1st is National Brush Day!

November 1st is National Brush Day! Remind your child to keep-up good brushing habits, especially after Halloween. Your child should brush their teeth twice a day for two minutes. Helping your child keep their teeth clean and healthy is one of the best things you can do for their overall health. For more information, you can check out the National Brush Day campaign website [2min2x.org](http://2min2x.org) for kid-friendly videos and resources to make brushing more fun.

## First Tooth, First Birthday, First Visit

Did you know your baby's first dental visit should take place after their first tooth appears, but no later than their first birthday? It is important to take care of your baby's teeth as if they are permanent teeth. Baby teeth play an important role in helping your baby chew and speak properly. Call and schedule your baby's first dental visit if your baby has one tooth or is one year old, whichever happens first, and has not seen a dentist yet.

During your baby's dental visit, the dentist will check your baby's gums and teeth. The dentist will also talk with you about how to care for your baby's mouth, baby bottle tooth decay, teething, and how food affects oral health.

Remember, if your baby has healthy teeth, chances are they will have healthier adult teeth too.

The Medi Cal Dental Program provides the following free or low-cost services for babies:

- Baby's first dental visit
- Baby's first dental exam
- Dental exams (every 3 months from birth to age 3, then every 6 months after age 3)
- X-rays
- Teeth cleaning (every 6 months)

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Learn more about free or low-cost dental services to help keep you and your smile healthy at:

[SmileCalifornia.org](http://SmileCalifornia.org)

## FIND A DENTIST

Click for a complete list of Medi-Cal dental providers in your area.



Medi-Cal Dental

PO BOX 15539, Sacramento, CA 95852-1539  
1-800-322-6384 | [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)

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- Fluoride varnish (every 6 months)
- Fillings
- Tooth removal
- Emergency services
- Outpatient services
- Sedation (if medically necessary)

Visit [SmileCalifornia.org](https://SmileCalifornia.org) to learn more about the Medi-Cal dental benefits, and how to find a Medi-Cal dentist near you.

### A few friendly reminders:

**Adult dental benefits have been fully restored.** As of January 1, 2018, the Department of Health Care Services (DHCS) restored adult dental benefits for members ages 21 and older with full-scope dental coverage.

**Seal today to prevent decay.** Talk to your child's dentist about molar sealants. Sealants are protective coatings that help prevent cavities.

**It's time to smile!** If you haven't seen the dentist yet this year, it's time to schedule an appointment and go.

## Check Out the Member Handbook

Do you want to learn more about your Medi-Cal dental benefit? Check out the [handbook](#) to learn about covered dental benefits for you and your family. The handbook has important information about:

- Dental services covered by Medi-Cal
- How to get dental care
- How to get help in other languages
- Your rights and responsibilities
- How to make a complaint
- Other important information about the Medi-Cal Dental Program

## Need a Ride? Medi-Cal can Help!

Medi-Cal can help with rides! Beginning July 1, 2018, you can get a ride to visits for services covered by Medi-Cal. Visits include medical, mental health, substance abuse or dental services.

Medi-Cal covers two types of rides. One type of ride is called nonmedical transportation (NMT). If you can travel by car, bus, train, or taxi, but do not have a ride to your appointment, NMT services can be arranged. You can also use NMT if you need to pick up prescriptions, medical supplies or equipment.

For help with a NMT ride, follow the steps below:

- If you are enrolled in a Medi-Cal Dental Managed Care (DMC) plan, call your DMC plan for information on how to get NMT services.
- If you are not enrolled in a Medi-Cal DMC plan, call the Telephone Service Center at 1-800-322-6384.

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Go to <https://www.dhcs.ca.gov/services/medi-cal/Pages/Transportation.aspx#NMT> for more information about rides arranged by approved NMT dentists or doctors. Your county Medi-Cal office may be able to help you get a NMT ride for non-dental appointments.

The other type of ride is called non-emergency medical transportation (NEMT). Medi-Cal offers NEMT services to eligible members based on your medical need. Your dentist or doctor must decide if you need NEMT services. NEMT services cover wheelchair vans, litter vans, ambulances, or air transportation. You should ask for a ride as soon as you can before an appointment. If you have many appointments, your dentist or doctor can ask for advance transportation to cover future appointments.

For help with a NEMT ride, follow the step below:

- Ask your dentist or doctor to ask for NEMT services for you.

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# Language Assistance

## English

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-800-322-6384 (TTY: 1-800-735-2922).

## Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-322-6384 (TTY: 1-800-735-2922).

## Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-322-6384 (TTY: 1-800-735-2922).

## Tagalog (Tagalog – Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-322-6384 (TTY: 1-800-735-2922).

## 한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-322-6384 (TTY: 1-800-735-2922)번으로 전화해 주십시오.

## 繁體中文 (Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-322-6384 (TTY: 1-800-735-2922)。

## Հայերեն (Armenian)

Ուրիշ լեզուներով խոսողներին հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվակապակցում աջակցություններ: Ձանգահարեք 1-800-322-6384 (TTY (հեռատիպ)՝ 1-800-735-2922):

## Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-322-6384 (телетайп: 1-800-735-2922).

## فارسی (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-322-6384 (TTY: 1-800-735-2922) تماس بگیرید.

## 日本語 (Japanese)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-322-6384 (TTY: 1-800-735-2922) まで、お電話にてご連絡ください。

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**Hmoob (Hmong)**

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-322-6384 (TTY: 1-800-735-2922).

**ਪੰਜਾਬੀ (Punjabi)**

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-800-322-6384 (TTY: 1-800-735-2922) 'ਤੇ ਕਾਲ ਕਰੋ।

**العربية (Arabic)**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-322-6384 (رقم هاتف الصم والبكم: 1-800-735-2922).

**हिंदी (Hindi)**

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-322-6384 (TTY: 1-800-735-2922) पर कॉल करें।

**ภาษาไทย (Thai)**

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-322-6384 (TTY: 1-800-735-2922).

**ខ្មែរ (Cambodian)**

ប្រយ័ត្ន: បរសិន អភិនិ យ៉ៃវ , បស ជំនួយខនក ដោយមិនគិតល ក៏ ចំ នសំ របរេអក។ ចូរ ទូរស័ព្ទ 1-800-322-6384 (TTY: 1-800-735-2922)។

**ພາສາລາວ (Lao)**

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-322-6384 (TTY: 1-800-735-2922).