



# Member Bulletin

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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.

## Smile, California: It's Time to Smile

The end of the year is around the corner but you still have time to make the most of your 2018 Medi-Cal dental benefits! Don't let the holidays be the reason you don't see the dentist. Remember, good oral health for you and your children is an important part of being healthy.

As an adult you can have a check-up every year, and children can have a check-up every six months. So if you or your child have not had your regular dental check-ups this year, it's time to go!

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

### A few friendly reminders:

**Seal today to prevent decay.** Talk to your child's dentist about molar sealants. These protective coatings help prevent cavities. School-aged children without sealants have three times more cavities than children who do not! Remember, sealed teeth are protected teeth!

**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.

**First tooth, first birthday, first visit.** Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. When your child has healthy baby teeth, chances are they will have healthy adult teeth, too.

## Member Medi-Cal Status and Identification

If you are enrolled in Medi-Cal, you most likely have dental benefits. You do not need to apply separately to get dental services because they are a benefit of the Medi-Cal program. To find out if you have Medi-Cal, call your County Social Services office. You can find this number in your local telephone book.

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To receive dental services, take your Medi-Cal Benefits Identification Card (BIC) and a current photo identification (ID) to every dental visit. At each visit, your dentist must check your Medi-Cal status using your BIC and ID. If you do not have your BIC or ID, your dentist can also check your Medi-Cal status using your photo ID and Social Security Number.

If you are a foster parent and have not received a BIC for your foster child, the dentist can use your foster child's Social Security Number to check eligibility. If you have other dental coverage, bring that information to show your dentist.

If you are eligible for Medi-Cal dental services, some services may be limited. Your dentist will tell you what dental benefits you have.

## Dental Service Schedule for Children

The Medi-Cal Dental Program follows dental service guidelines set by the American Academy of Pediatrics (AAP). The AAP guidelines tell you the suggested timeframes for dental services for children.

The AAP general guidelines for children are:

- Find a dental home starting at 6 months of age
- Get an oral health check-up often starting at 6 months of age
- Get fluoride varnish starting at 6 months of age
- Think about taking an oral fluoride supplement starting at 6 months of age if your water source has low fluoride.

Since every child is unique, ask your dentist:

- Which dental services your child needs
- How often your child needs the services
- What services are covered

Read more about the dental service schedule on the AAP website:

[https://www.aap.org/en-us/Documents/periodicity\\_schedule.pdf](https://www.aap.org/en-us/Documents/periodicity_schedule.pdf).

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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)**

Ուիշար՝ ըրե խոսու մ էր հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվակապակցում ծառայություններ: Ձանգահարեք 1-800-322-6384 (TTY (հեռադիպ)՝ 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 យ័័ខែរ , បស ជំនួយខនក ដោយមិនគិតថ្លៃ គឺ 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).