



Member Bulletin

JANUARY 2020
Volume 3, Number 1



THIS ISSUE

- pg 1 Happy New Year from *Smile, California!*
- pg 2 Know Your Benefits
- pg 3 Language Assistance

Have you heard about Healthy Smile Tips from *Smile, California?*

It's a new program that delivers 2-3 healthy dental tips every month, via text!

Sign up by texting SMILECA to 31996. For text messages in Spanish, text SONRIECA to 31996.

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

[SmileCalifornia.org](https://www.smilecalifornia.org)

FIND A DENTIST

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

Happy New Year from *Smile, California!*

Happy New Year! The New Year is a great time for you and your children to set good oral health habits. This means brushing and flossing your teeth every day. It also means visiting the dentist regularly. Eligible adult members are covered to have a dental check-up every 12 months. Eligible child members are covered to have a dental check-up every 6 months. Visit [SmileCalifornia.org](https://www.smilecalifornia.org) to find a dentist near you. Then, ring in the New Year by scheduling dental appointments for you and your children!

Know Your Benefits

Keeping your teeth healthy can help your overall health. That's why it's important to know your dental benefits. The table below shows what Medi-Cal covers at every age. Medi-Cal has guidelines for these dental benefits. You must qualify under the guidelines to receive a service. You can find more information in the Member Handbook at [SmileCalifornia.org/Members](https://www.smilecalifornia.org/Members).

Continued on pg 2



SERVICES	BABIES	KIDS	TEENS	PREGNANCY	ADULTS	SENIORS
Exam*	☀	☀	☀	☀	☀	☀
X-rays	☀	☀	☀	☀	☀	☀
Teeth cleaning	☀	☀	☀	☀	☀	☀
Fluoride varnish	☀	☀	☀	☀	☀	☀
Fillings	☀	☀	☀	☀	☀	☀
Tooth removal	☀	☀	☀	☀	☀	☀
Emergency services	☀	☀	☀	☀	☀	☀
Sedation	☀	☀	☀		☀	☀
Molar sealants**		☀	☀			
Root canals		☀	☀	☀	☀	☀
Orthodontics (braces)***			☀			
Crowns			☀	☀	☀	☀
Partial and full dentures			☀	☀	☀	☀
Denture relines			☀	☀	☀	☀
Scaling and root planing			☀	☀	☀	☀

Exceptions:

*Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members over the age of 21.

**Permanent molar sealants are covered for kids and teens up to age 21.

***For those who qualify.

BABIES

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are very important. They help your child chew, speak, and smile.

KIDS

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist for molar sealants. Molar sealants help protect your child's molars from cavities.

TEENS

Eating sugary foods and drinks puts teens at a higher risk for gum disease and tooth decay. Teenagers should continue to get regular check-ups. This ensures good oral health well into adulthood.

Continued on pg 3



PREGNANCY

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby.

ADULTS

As you age, taking care of your health becomes more and more important. Good oral health helps your smile as well as your overall health. Effective January 1, 2018, the Department of Health Care Services restored adult dental benefits for members ages 21 and older with full-scope dental coverage.

SENIORS

Older adults are prone to gum disease and other oral health problems. You can lower your risk by brushing twice a day, flossing every day, and seeing your dentist regularly.

When you visit your dentist, remember to bring your Medi-Cal Benefits Identification Card (BIC) and a valid, current photo identification (ID). The dental office uses your BIC or your ID to check your Medi-Cal coverage. Your dentist will tell you which services Medi-Cal covers. They can also help you decide the best treatment.

Continued on pg 4



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)

ՈՒՇԱՊԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական 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。

Continued on pg 5



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)

ਪਿਆਨ 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: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, បសវនករយើងនឹងជួយអ្នក ដោយមិនគិតថ្លៃ ក៏អាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-322-6384 (TTY: 1-800-735-2922)។

ພາ ສາ ລາ ອ (Lao)

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