Member Bulletin

smile, CALIFORNIA™
MEDI-CAL HAS DENTAL COVERED

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

FIND A DENTIST

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

November 1st is National Brush Day

November 1st is National Brush Day! Good brushing habits are important, especially after **Halloween**. You can help your child keep their teeth clean by reminding them to brush their teeth. They should brush **twice a day** for **two minutes**. You can download or print the Teeth Brushing Calendar below. Use the calendar to encourage your child's brushing routine.

We have more kid-friendly materials to make brushing fun online. You can visit the *Smile, California* Members page. There are materials for all ages!

Brush-up on your child's dental benefit! Visit the *Smile, California* Covered Services page for more information.

SmileCalifornia.org

Smile, California Facebook Live Events

Please join us for this month's Facebook Live events! An English presentation will be held on **November 16th** and a Spanish presentation will be held on **November 18th**.

We'll tell you all about your Medi-Cal dental benefit and answer your questions about the Medi-Cal Dental Program. Stay for the full presentation and you could win a $50 VISA gift card!

What: *Smile, California* Facebook Live: **Smile, your Medi-Cal benefits include dental!**

Where:
- **ENGLISH**: https://fb.me/e/1YKyvBa8B
- **SPANISH**: https://fb.me/e/3XF4zKO9o

When/Language:
- **ENGLISH**: Tuesday, November 16, 2021 at 1:00 PM Pacific Standard Time
- **SPANISH**: Thursday, November 18, 2021 at 1:00 PM Pacific Standard Time

In the meantime, we'd love to connect with you online! "Like" our Facebook page or follow us on Instagram to get updates on the *Smile, California* campaign. You can also visit SmileCalifornia.org – or SonrieCalifornia.org for Spanish – to learn more.

Kindergarten Oral Health Assessment Program

Poor oral health can affect a child's attendance, grades, and overall performance in school. To make sure your child is ready for school, California law requires that children have a dental check-up. The check-up must be done by **May 31st** of your child's first year in public school (kindergarten or 1st grade). This requirement is called the **Kindergarten Oral Health Assessment (KOHA)**.

Steps to Complete the KOHA
1. **Look out for information from your child's school**. They will give you a:
   a. Letter about the KOHA requirement

    b. Form that the dentist will complete during your child's check-up

2. **Take your child to the dentist by May 31st**. You can use the [Find a Dentist tool](#) to find one that's right for your family.

3. **Ask the dentist to fill out the KOHA form at your child's visit**. Remember to ask any questions you have. Don't be afraid to share your concerns.

4. **Give your child's school the completed form**. At this point, you're done with the requirement but not with your child's dental care! As a Medi-Cal member, your child is covered for two dental visits each year.

For more information, visit the *Smile, California* [Oral Health and School Readiness page](#).

Medi-Cal Covers Dental During Pregnancy

Did you know that seeing your dentist while you are pregnant is safe? Keeping your teeth and gums healthy is one of the most important things you can do during your pregnancy. It is also an important part of keeping your baby healthy.

As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby.

Medi-Cal provides the following free or low-cost services throughout pregnancy:

- Dental exams *
- X-rays
- Teeth cleaning *
- Scaling and root planing
- Fluoride varnish *
- Fillings
- Crowns**
- Root canals
- Partial and full dentures
- Denture relines
- Tooth removal
- Emergency services

Every 6 months for members under the age of 21, every 12 months for members over the age of 21. More exams allowed when medically necessary.
** Crowns on molars or premolars (back teeth) may be covered in some cases.

When you see your dentist, be sure they know:

   » You are pregnant

- » How far along you are

- » If your pregnancy is considered high risk

Your dentist will answer your questions and make sure you are safe during your visit. If your dentist needs to take X-rays, you will be asked to wear a lead apron for extra protection.

Pregnancy Resources

- *Smile, California* Pregnancy Page – Learn more about how Medi-Cal has you covered during pregnancy.

- Medi-Cal Covers Dental During Pregnancy Video – Watch this short video on why keeping your smile healthy during pregnancy is so important and how to find a dentist if you need one while you are pregnant.

- Medi-Cal Covers Dental During Pregnancy Brochure – Discover how pregnancy can impact your oral health, review common questions, and more.

- Medi-Cal Covers Dental During Pregnancy Flyer – Brush up on the services Medi-Cal covers during pregnancy and ways you and your baby can stay healthy.

Be sure to talk to your doctor and dentist about any questions you may have. For more information, please visit SmileCalifornia.org.

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)
ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապաձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ : Զանգահարեք 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。

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 6384-322-800-1 (رقم هاتف الصم والبكم: 2922-735-800-1).

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, បសវាជំនួយខ្នុនកភាសា ប្រាយមិនគិតឈ្នួល គឺអាចមានសំរាប់បរើអ្នក។ ចូរ ទូរស័ព្ទ 1-800-322-6384 (TTY: 1-800-735-2922)។

ພາ ສາ ລາ ວ (Lao)
ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ ທ່ານ. ໂທຣ 1-800-322-6384 (TTY: 1-800-735-2922).

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