



## 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 down-load or print the [Teeth Brushing Calendar](#) below. Use the calendar to encourage your child's brushing routine.

**Teeth Brushing Calendar**  
It is important to brush twice a day and floss daily. Color in the pictures each time you brush and floss!

Name: \_\_\_\_\_

Month: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SmileCalifornia.org

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.

*Continued on pg 2*

### THIS ISSUE

- pg 1 November 1st is National Brush Day
- pg 2 Smile, California Facebook Live Events
- pg 2 Dental Coverage for People with both Medicare and Medi-Cal
- pg 3 Tips for a Healthy Smile
- pg 5 Language Assistance

Learn more about free or low-cost dental services to help keep you and your smile healthy at [SmileCalifornia.org](https://SmileCalifornia.org).

### FIND A DENTIST

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



# Smile, California Facebook Live Events

Please join us for this month's Facebook Live events! An English presentation will be held on **November 17th**, and a Spanish presentation will be held on **November 21st**.

We will 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/2hgkuEMOZ>

➤ **SPANISH:** <https://fb.me/e/2xJMKIKkl>

**When/Language:**

➤ **ENGLISH:** Thursday, November 17, 2022, at 5:30 PM Pacific Standard Time

➤ **SPANISH:** Monday, November 21, 2022, at 5:30 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](https://SmileCalifornia.org) – or [SonrieCalifornia.org](https://SonrieCalifornia.org) for Spanish – to learn more.

## Dental Coverage for People with both Medicare and Medi-Cal

Some people have both Medicare and Medi-Cal. Medicare is the primary payer, and Medi-Cal is the secondary. Medi-Cal pays for costs not covered by Medicare, and in some cases offers benefits not covered by Medicare. Original Medicare does not cover most dental services, so your Medi-Cal dental benefits can help you get the dental services you need.

If you choose a Medicare Advantage plan, you may get dental benefits through your plan. Check with your Medicare Advantage plan for more information. Depending on your Medicare Advantage plan, Medi-Cal may pay for some of your dental costs.

*Continued on pg 3*



Since Medicare Advantage dental coverage is not the same for all plans, your Medi-Cal dental coverage depends on your Medicare plan.

To access your dental benefits:

- If you have Original Medicare, contact Medi-Cal Dental to find a provider and learn about your Medi-Cal dental coverage.
- If you have Medicare Advantage, contact your Medicare Advantage plan first to find out about any dental coverage through your plan. If your Medicare Advantage plan does not have dental coverage, or you need additional dental benefits or services, contact Medi-Cal Dental for information about Medi-Cal dental providers and benefits.

If you have questions about Medicare, call 1-800-Medicare (1-800-633-4227 or TTY 1-877-486-2048), or call the Health Insurance Counseling & Advocacy Program at 1-800-434-0222.

## Tips for a Healthy Smile

The start of a new year is a great time to make good oral health habits part of your family's routine. Read the tips below to learn more.

### 1. Brush and floss your teeth every day.

Keeping your mouth clean is an important part of your overall health. You should brush **two times a day** and **floss daily**. You can:

- ✓ Check out the [Brushing Techniques sheet](#) to learn the best way to brush your teeth
- ✓ Watch the short Set Your Clean Routine [video](#) or read this [fotonovela](#) (picture story) for why healthy habits matter

### 2. Eat a healthy, well-balanced diet.

Good oral health takes more than just brushing and flossing. To help keep your teeth and gums healthy, you should:

- ✓ Eat a balanced diet from all the food groups

*Continued on pg 4*



- ✓ Limit sugary foods and drinks

### 3. Brush up on your covered services.

Medi-Cal provides free or low-cost checkups for members. With Medi-Cal:

- ✓ Adults are covered for a dental exam **once every 12 months**
- ✓ Kids and teens are covered **every six months, and in some cases more often**

You can learn more about what Medi-Cal covers at every age by checking out the [Covered Services page](#).

### 4. Find a dental home.

Your family should visit the dentist regularly. Dental visits are your **best defense** against cavities and gum disease.

When you find a dentist you like, continue going to that dental office. This creates a **dental home**. A dental home is a dental office your family feels safe and comfortable visiting. It:

- ✓ Lets the dental staff create a relationship with your family
- ✓ Reduces dental anxiety
- ✓ Gives the dentist a better chance to catch problems early on

To find a Medi-Cal dentist that's right for your family, visit the [Find a Dentist page](#) today. You can also visit the [Get to Know a Medi-Cal Dentist page](#) to hear from some of our Medi-Cal dentists.

*Continued on pg 5*



# 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)**

ՈՒՇԱՄԻՐՈՒԹՅՈՒՆ՝ 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 6*



### **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, បសវនករយើងនឹងជួយអ្នកក្នុងការ ប្រើប្រាស់សេវាជំនួយភាសា។ តាមលេខ 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).