



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.

FIND A DENTIST

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

February is National Children's Dental Health Month

Celebrate [National Children's Dental Health Month](#) (NCDHM) with us! NCDHM promotes the importance of good oral health and regular dental visits for children.

Smile, California has materials that make it easy for you to help your children learn how to take care of their smiles. Visit the NCDHM [Resources for Parents and Caregivers page](#) for:

- ✓ Superhero coloring sheets
- ✓ Teeth brushing calendar
- ✓ Fotonovelas (picture stories)
- ✓ Dental health education packets by grade
- ✓ And more!

Simply download any of the materials listed above and share them with your children.

NCDHM is also the perfect time to schedule dental appointments for your children.

Need to find a dentist? You can easily search for a dentist online at any time. Visit the [Find a Dentist page](#) to find one near you.

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Care For Your Smile: 10 Tips for Better Oral Health

Having a good oral health plan is important for your overall health. Keeping your teeth and gums healthy allows you to enjoy a lot of foods that support your nutritional needs. In addition, a good oral health plan can help you save money from possible dental problems in the future.

Brushing and flossing your teeth after meals should be part of supporting your oral health. However, there are other things you can do to help strengthen your oral health game.

Here are ten tips that can help you keep your smile healthy.

- 1. Go to the Dentist** – Visit your Medi-Cal dentist for regular check-ups and cleanings. Use our [Find a Dentist](#) tool and schedule an appointment today.
- 2. Even if You are Pregnant!** – Pregnant people experience changes to their mouths during pregnancy. It is safe and recommended for you to see the dentist while pregnant. Visit our [Pregnancy](#) page to learn more.
- 3. Care for your Baby's Teeth** - Keep your baby's gums healthy by gently wiping them with a washcloth daily. Schedule your baby's first dental visit when their first tooth appears or by their first birthday, whichever comes first. Our [Babies](#) page has helpful tips.
- 4. Ask about Molar Sealants** - Molar sealants are protective coatings put on permanent first and second molars. It keeps your child's teeth healthy and protected from cavities. Schedule dentist visits for your child when their permanent back teeth have grown. This happens as early as five years old!

Visit our [Kids](#) page to learn more.
- 5. Use the Right Amount of Toothpaste** - Children ages 0-3 should use a grain of rice-sized amount of toothpaste. Children 3 years and above should use a pea-sized amount of toothpaste.
- 6. Seniors** - Changes in our bodies increase our risk of cavities and gum disease as we age. Practicing good oral health habits can help keep you and your smile healthy. See our [Seniors](#) page for more tips.
- 7. Practice Good Habits Every Day** - Practicing good oral hygiene daily, scheduling

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regular dental check-ups, and living a healthy lifestyle is the best way to keep your gums and teeth healthy. It also helps reduce your risk of more serious health problems.

- 8. Eat Well** - Eating sugary foods and drinks puts you at a higher risk for gum disease and tooth decay. Instead, eat a balanced diet to help you stay healthy and keep your smile.
- 9. Avoid Bad Habits** - Smoking and chewing tobacco stains your teeth. They can give you bad breath and can cause other health problems. Do not smoke or chew tobacco.
- 10. Get Care Right Away** - If you have unexpected dental problems or concerns between your regularly scheduled visits, call your dental office for help. If you are in pain, see your dentist as soon as possible.

Our [Commons Questions](#) page can guide you on what to do during a dental emergency.

If you need more help, visit our [Smile, California](#) website or call our Member Telephone Service Center at 800-322-6384 from 8 am to 5 pm, Monday through Friday.

Learn More About Medi-Cal Dental Benefits with Smile, California Videos

Do you want to know how to set your oral health clean routine? Do you want to know how to use our [Find A Dentist](#) tool to find a dentist in your area?

Our *Smile, California* [Videos](#) page has useful tips to help you with your Medi-Cal Dental benefits. Our video topics cover a range of dental care issues for children to seniors.

The Videos page presents great topics like:

- Don't Wait Until It Hurts to See the Dentist
- Healthy Tips for Tiny Teeth (Ages 0-2)
- Healthy Dental Tips
- Seal Today to Prevent Decay

Our videos are free to see. They are available for you when needed.

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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)

ՈՒՇԱՊՈՒԹՅՈՒՆՆԵՐ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցությունները։
Ծանայություններ։ Ձանդահարեք 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)

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, បសវនករយើងនឹងជួយអ្នកក្នុងការប្រើប្រាស់សេវាជំនួយភាសា។ តាមលេខ 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).