

养成清洁口腔的习惯

# Set Your Clean Routine



定期看牙医很重要。如果你有 Medi-Cal, 你就很可能有牙科保险。



请浏览 [SmileCalifornia.org](http://SmileCalifornia.org) 网站安排牙医就诊



我多年没有看过牙医了。

爸爸, 您现在有 Medi-Cal 您也有牙科福利了!



您好, 我想为自己和三个家庭成员预约就诊。



It's important to see a dentist. If you have Medi-Cal then you more than likely have dental coverage!

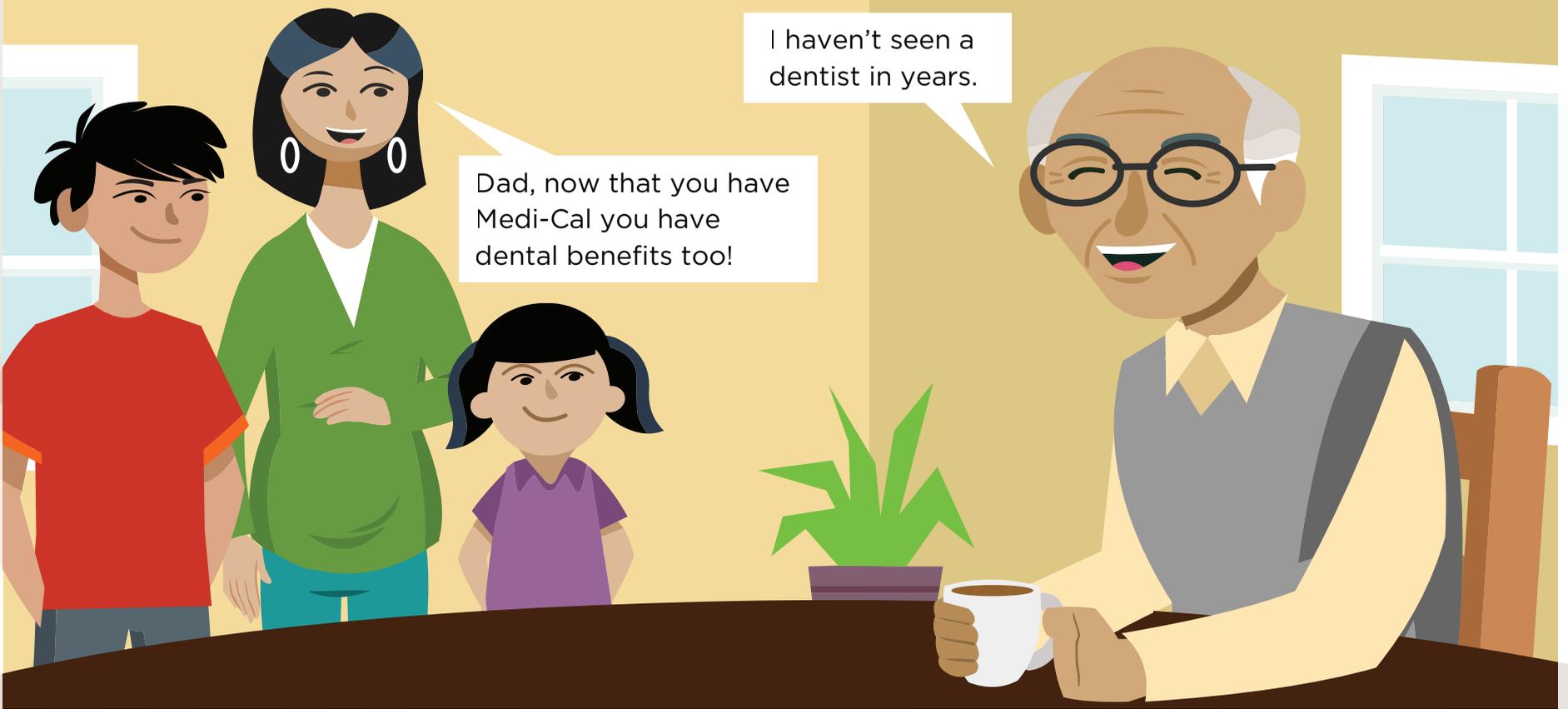


Visit [SmileCalifornia.org](http://SmileCalifornia.org) to find a dentist today!

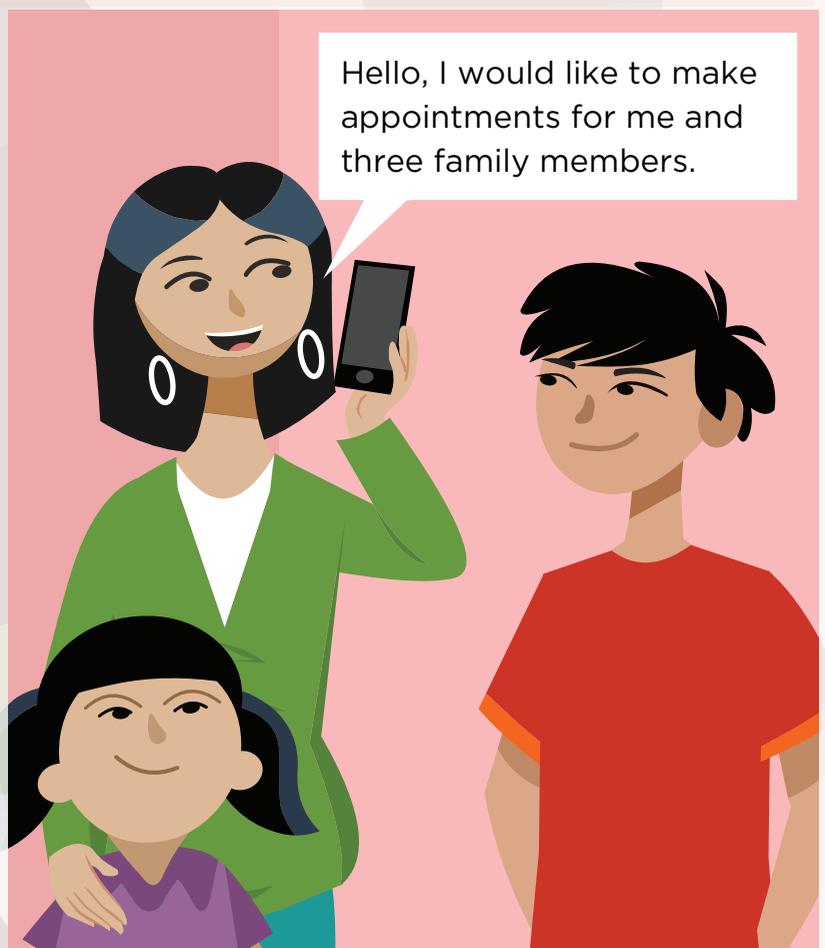


I haven't seen a dentist in years.

Dad, now that you have Medi-Cal you have dental benefits too!



Hello, I would like to make appointments for me and three family members.



## 孩子们

今天我要在你的永久性白齿上涂密封剂保护你的白齿免受细菌伤害和蛀牙，而且是不会痛的。



妈妈，我们做完之后，请务必在 6 个月内约时间带她回来就诊。

享有 Medi-Cal 福利的 21 岁以下的人，可以每 6 个月看 Medi-Cal 牙医。

年轻时，养成良好的健康习惯是很重要的。每天刷牙两次，每天用牙线清洁，以及每年看牙医两次 以保持健康的笑容！

## 孕妇们

易医生，我在 SmileCalifornia.org 网站上看到，在我怀孕期间进行牙科检查是非常重要并且安全的。

是的，在你怀孕期间，保持你的口腔健康是确保宝宝健康的一个重要部分。

同时，你的牙龈和牙齿在这期间都需要特别的护理。

## For Kids

Today I am going to put sealants on your permanent molars to protect them from harmful bacteria and cavities. It won't hurt a bit!



Mom, after we are finished, be sure to make an appointment to bring her back in 6 months.

With Medi-Cal, anyone under 21 can see a Medi-Cal dentist every 6 months.

It's important to start healthy habits when you are young. Brush your teeth twice a day, floss daily and come see me twice a year to maintain that healthy smile!

## For Pregnant Women

Dr. Yee, I read on SmileCalifornia.org that it is important and safe to have a dental check-up while I'm pregnant.

Yes, when you are pregnant, your oral health is a big part of making sure your baby is healthy.

Your gums and teeth need special attention at this time.

## 青少年

在你的成长过程中, 为了保持牙齿强壮和清洁, 请务必每天刷牙两次和用牙线清洁一次。



请尽可能远离含糖食物和苏打水。最重要的是, 在整个青少年时期请继续定期接受牙科检查, 来确保你健康的牙齿一直到成年。



## 老年人

很高兴您前来就诊, 您有一段时间没有就诊了。

我不知道我符合牙科保健的资格。

随着年龄的增长, 我们更容易患牙龈疾病和其他口腔疾病。



是的! 大多数 Medi-Cal 会员自动享有牙科保险。欢迎你再来。



## For Teenagers

To keep your teeth strong and clean while you are growing, be sure to brush twice a day and floss daily.



Stay away from sugary food and soda as much as possible. And most importantly, continue regular dental check-ups throughout your teen years to ensure you maintain healthy teeth into adulthood.



## For Seniors

It's good you came in to see me, it's been a while since your last visit.

I didn't know that I qualified for dental care.

As we get older, we become more prone to gum disease and other oral health issues.

Yes! Most Medi-Cal members automatically have dental coverage. Come see me again.



# Checklist 检查清单

Bring your Medi-Cal Benefits Identification Card (BIC)  
请带上你的 Medi-Cal 福利识别卡 (BIC)

## Questions to ask your dentist: 请咨询你的牙医:

Example: Can my child get molar sealants at this visit?  
例如: 我的孩子可以在这次就诊时涂上臼齿密封剂吗?

## Appointment reminders: 约诊提醒:

Under 21 gets 2 visits a year  
21岁以下的每年有2次就诊机会

Over 21 gets 1 visit a year  
年满 21岁每年 1次就诊



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