

Smile, your
Medi-Cal
benefits include
dental coverage!



What is *Smile, California?*



A campaign designed
to help Medi-Cal
members, like you,
make the most of
their dental benefit.



As a Medi-Cal member,
your benefits and your
child's benefits include
dental coverage!



Medi-Cal provides
free or low-cost
dental services to
help keep you and
your smile healthy.

Keeping your teeth and gums healthy is one of the best things you can do for your overall health.



Practicing good daily oral hygiene, brushing twice a day and flossing once daily, and seeing your dentist regularly can reduce your risk of serious health problems.



Routine dental check-ups can also save you time and money.



Services for Your Smile





Services for Your Smile

Medi-Cal Dental provides free or low-cost check-ups every six months for members under the age of 21 and once every 12 months for members 21 and older.



Under the age of 21



Over the age of 21





Services for Your Smile

Other services covered by Medi-Cal Dental may include:

- Exams and x-rays
- Cleanings
- Fluoride treatments
- Emergency services
- Tooth removal
- Fillings and crowns*
- Root canal treatments
- Scaling and root planing
- Periodontal maintenance
- Complete and partial dentures
- Denture relines
- Orthodontics (braces) for children who qualify



*Crowns on molars or premolars (back teeth) may be covered in some cases.



Babies



Baby teeth are critical to your child's health and development. They help him or her chew, speak and smile, so it is important to keep them healthy.

Babies



Healthy gums make way for healthy teeth! Help keep your baby's gums healthy by gently wiping them with a washcloth every day.

Babies



Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday.

Kids

Keeping baby teeth healthy is an important step in caring for your child's permanent teeth because baby teeth hold space for permanent teeth growing under your child's gums.



Kids

Help your child get in the habit of brushing twice a day for two minutes and flossing daily.



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

0-3 years: grain of rice



Children 3 years and above should use a pea-sized amount of toothpaste.

3+ years: pea size

1



Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.

2



Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.

3



Clean the inside surfaces of front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.

4



Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.

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 about sealants to help protect your child's back teeth from cavities.

Sealants are clear, protective coatings that are quick and painless.

Sealants are covered in your child's Medi-Cal Dental plan.



Teens



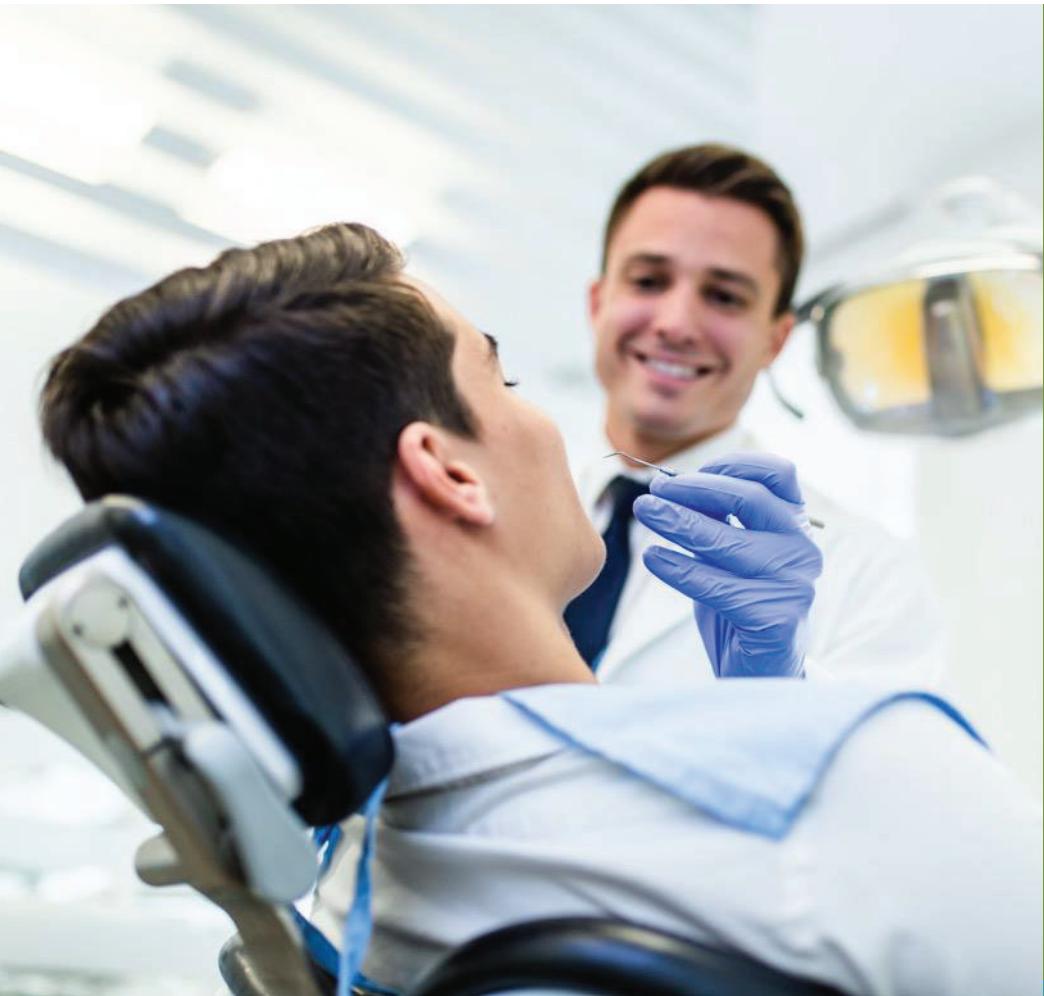
Eating sugary foods and drinks puts teens at a higher risk for gum disease and tooth decay. Encourage your teen to eat a balanced diet, limiting sweets and sodas.

Teens



Brushing after meals can help reduce the risk of cavities and keep your teen's teeth and gums healthy and strong. Consider giving your teen a travel-size toothbrush to keep in their locker or backpack to make brushing after lunch a breeze.

Teens



Your teen should continue to see the dentist two times per year for a check-up and cleaning. Teenagers who get regular dental check-ups maintain good oral health well into adulthood.

Pregnancy

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.



Pregnancy

Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly will help reduce dental problems that often accompany pregnancy, like cavities and gingivitis.



Pregnancy

Dental visits during pregnancy are safe and recommended. It is safe to see the dentist at any time during your pregnancy.

As a Medi-Cal member, you are covered during pregnancy and 12 months after the birth of your baby.



Adults and Seniors



As we age, changes in our body increase our risk for developing dental conditions like cavities and gum disease. Practicing good oral hygiene can help prevent these conditions. It can also help maintain your overall health.

Adults and Seniors



Brushing twice a day, flossing daily and seeing your dentist regularly can help keep you healthy and enjoy your smile for years to come.

Caregivers



If you provide daily care for a loved one, remember that you play an important role in helping them maintain a healthy smile.

When your loved one is struggling with other health problems their oral health can become a lower priority, but good daily oral hygiene and regular dental visits help your loved one avoid tooth pain and tooth loss.

Caregivers



Here are some tips to help your loved one maintain a healthy smile:

- Talk with them about the importance of keeping their mouth healthy
- Help them set an oral health routine
- Help schedule their dental appointments
- Help them maintain a healthy, balanced diet
- Be sure dentures are cleaned daily



SmileCalifornia.org

SmileCalifornia.org is the best source for helpful information about the Medi-Cal Dental Program, your covered services and good oral health habits.

You can also find a Medi-Cal Dental provider near you using the Find a Dentist tool.

The website is available in English and Spanish.

English: SmileCalifornia.org
Spanish: SonrieCalfiorna.org

The website is displayed on a MacBook laptop screen. The header features the 'smile, CALIFORNIA' logo with a sun icon, social media links (Facebook, Instagram, YouTube), and navigation links for Events, Members, Partners & Providers, Common Questions, Contact Us, and ESPAÑOL. The main content area has a green background with a photo of a young boy brushing his teeth. It includes a 'Latest News' section with a megaphone icon, a 'FIND A DENTIST' button, and three sections for 'Babies', 'Kids', and 'Teens' with their respective photos and descriptions.

SmileCalifornia.org



About

Provides an overview of Medi-Cal Dental



Covered Services

Learn about your Medi-Cal Dental covered services by age group



Visiting the Dentist

Helps you get ready for your Medi-Cal Dental appointment



Videos

Short informative Medi-Cal Dental videos



Care for Your Smile

Tips to help you take care of your gums and teeth



Find A Dentist

Tool to help you find a Medi-Cal Dental provider near you



Members

Resources for Medi-Cal member about benefits and the importance of routine dental check-ups



Member Resources

The Members page was designed to help you find oral health resources and to provide more information about your Medi-Cal dental benefits.

On this page, you can find family friendly videos, activities and informational resources for different age groups. You can also see a schedule of public events the *Smile, California* outreach team will be attending.



A collage of three sections from the smile, CALIFORNIA website. Top right: "Medi-Cal Covers Dental Care for Seniors" featuring a photo of an elderly couple. Middle right: "Medi-Cal Has Dental Covered" featuring a photo of a diverse family and a chart showing dental coverage for babies, kids, teens, pregnancy, adults, and seniors. Bottom right: A detailed dental service chart with columns for services like Exam*, X-ray, and Root canals, and rows for age groups from Babies to Seniors. Text at the bottom of this section includes: "Your dental visit should happen every six months for members under the age of 21; every 12 months for members over the age of 21." and "As of January 1, 2018, the Department of Health Care Services (DHCS) restored adult dental services for members ages 21 and older with full-scope dental coverage. For a complete list of covered services, visit SmileCalifornia.org." The "smile, CALIFORNIA" logo is in the bottom right corner.

Commonly Asked Questions

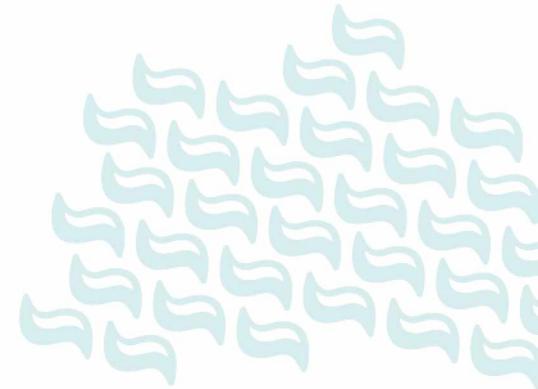


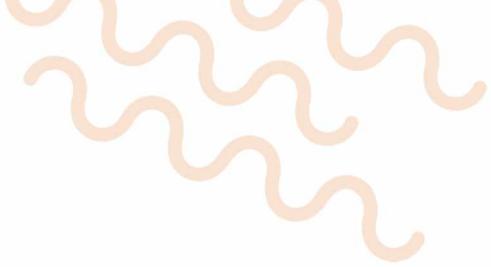
How do I find a dentist that accepts Medi-Cal?

Smile, California can help you find a dental home near you in four easy steps.

You can also find a Medi-Cal dentist by calling the Telephone Service Center **(800) 322-6384**.

1. Visit **SmileCalifornia.org**.
2. Click on the **Find A Dentist** button.
3. Click on the **Provider Search Directory** and pick the option that best fits your needs.
4. Enter your **zip code** and you're on your way to finding a dentist near your area.





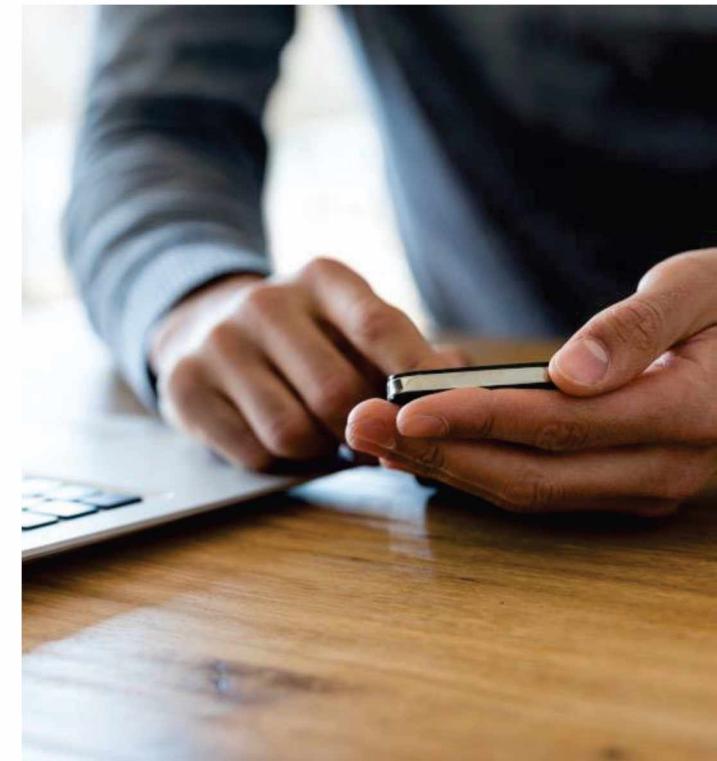
Commonly Asked Questions



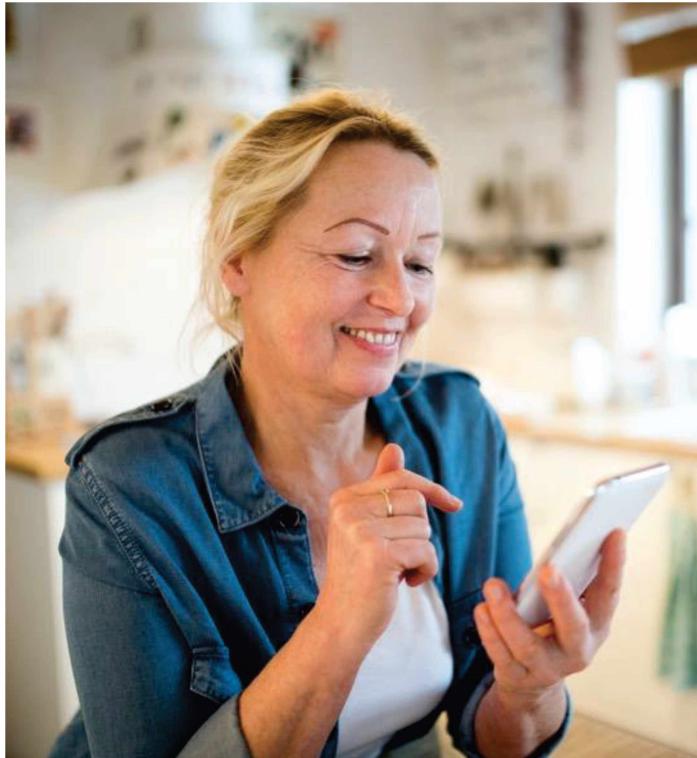
What do I do if I don't have a way to get to the appointment?

Medi-Cal provides non-medical and non-emergency transportation services to eligible members.

For transportation assistance, call the Telephone Service Center phone line at **(800) 322-6384**.



Commonly Asked Questions



What happens if I miss an appointment?

It is important to show up to your dentist appointments. If you know you will not be able to make it, call at least 24 hours in advance to cancel and reschedule. If for some reason you are unable to call 24 hours in advance to cancel, be sure you call as soon as possible.



For more information
on your Medi-Cal dental
benefits, visit:
SmileCalifornia.org.

Smile on!

