



# Show Your Teeth Some Love



  
**smile,**  
CALIFORNIA™  
MEDI-CAL HAS DENTAL COVERED



**Medi-Cal Dental**

# Good Grades Begin with a Dental Check-Up



## A child's oral health affects their whole body.

- ♥ A dental check-up should be on every family's back-to-school checklist.
- ♥ School readiness means a child is academically, physically, emotionally, and socially prepared to succeed in school.
- ♥ Healthy teeth not only help children eat, speak and sleep better they also allow them to perform better in school.

**Cavities, also called tooth decay or caries, are largely preventable yet they remain the most common chronic disease of children.**



If left untreated, tooth decay can affect children's academic performance, social-emotional development, sleep and nutrition.

## **Tooth Decay and Children**



## In California...

- More than **60%** of students have experienced tooth decay by third grade.\*
- **1 in 5** kids have untreated tooth decay.\*
- Approximately **440,000** children missed at least one day of school due to a dental problem in 2018.\*\*

\*2018-20 3rd Grade Basic Screening Survey, California Office of Oral Health

\*\*2018 California Health Interview Survey. UCLA Center for Health Policy Research

## Tooth Decay and Children



# Regular Dental Check-Ups Are Important

Good oral care routines like brushing twice a day and flossing are vital habits for all children to have but homecare routines cannot take the place of a regular dental check-up.



# Regular Dental Check-Ups Are Important



**Regular dental check-ups give dentists the consistent opportunity to:**

- identify and treat tooth decay
- apply protective treatments like sealants and fluoride varnish
- discover issues that could not only cause pain but potentially impact a child's self-confidence and overall school performance, if left untreated.

# Sealed Teeth are Protected Teeth

Molar sealants are liquid coatings painted on the chewing surface of teeth to prevent tooth decay. They harden into the grooves of the teeth, forming a shield over each tooth.

Sealants reduce cavities by **80%** and are a quick and painless service only a dentist or hygienist can provide.



Source: Centers for Disease Control and Prevention.  
[http://www.cdc.gov/oralhealth/dental\\_sealant\\_program/index.htm](http://www.cdc.gov/oralhealth/dental_sealant_program/index.htm)

# What is a Dental Home?

Having a dental home allows a dentist to establish a relationship with your family giving them opportunities to identify and provide preventive treatment.





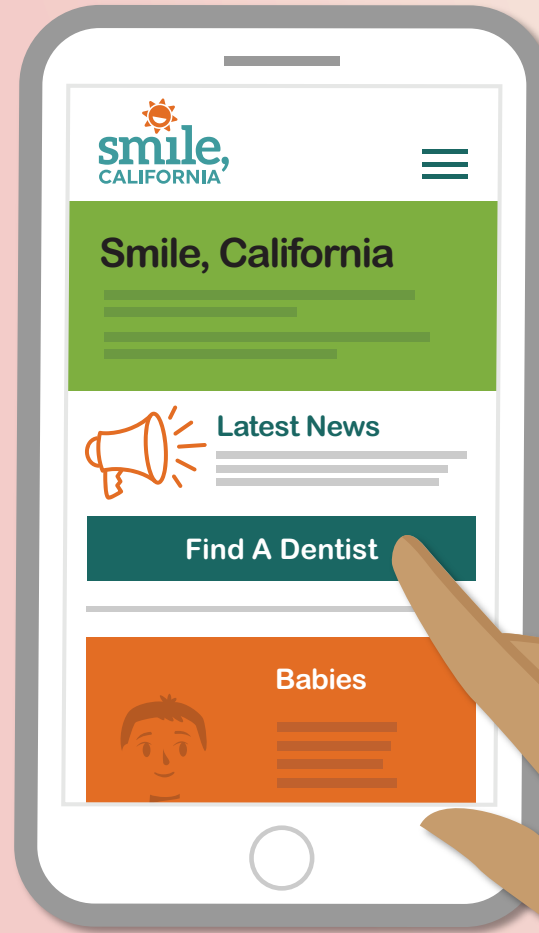
# What is a Dental Home?

Children who develop a familiar relationship with their dentist, are less likely to experience dental anxiety and are more likely to visit the dentist regularly into adulthood.



# Find A Dental Home Today!

Visit [SmileCalifornia.org](https://SmileCalifornia.org) and click the Find A Dentist button.



# Medi-Cal Has Dental Covered

Medi-Cal Dental covers:

- dental check-ups,
- fluoride varnishes
- sealants

for children and teens up to 21 years of age.

SERVICES	BABIES	KIDS	TEENS	ADULTS
Exam*	✓	✓	✓	✓
X-rays	✓	✓	✓	✓
Teeth cleaning	✓	✓	✓	✓
Fluoride varnish	✓	✓	✓	✓
Fillings	✓	✓	✓	✓
Tooth removal	✓	✓	✓	✓
Emergency services	✓	✓	✓	✓
Sedation	✓	✓	✓	✓
Molar sealants**		✓	✓	
Root canals		✓	✓	✓
Orthodontics (braces)***			✓	
Crowns			✓	✓
Partial and full dentures			✓	✓
Denture relines			✓	✓
Scaling and root planing			✓	✓

\*Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members over the age of 21.

\*\*Molar sealants are covered for teens up to age 21.

\*\*\*For those who qualify.

# Medi-Cal Has Dental Covered

Medi-Cal Dental provides free or low-cost check-ups every six months (sometimes more) 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**

# Kindergarten Oral Health Assessment



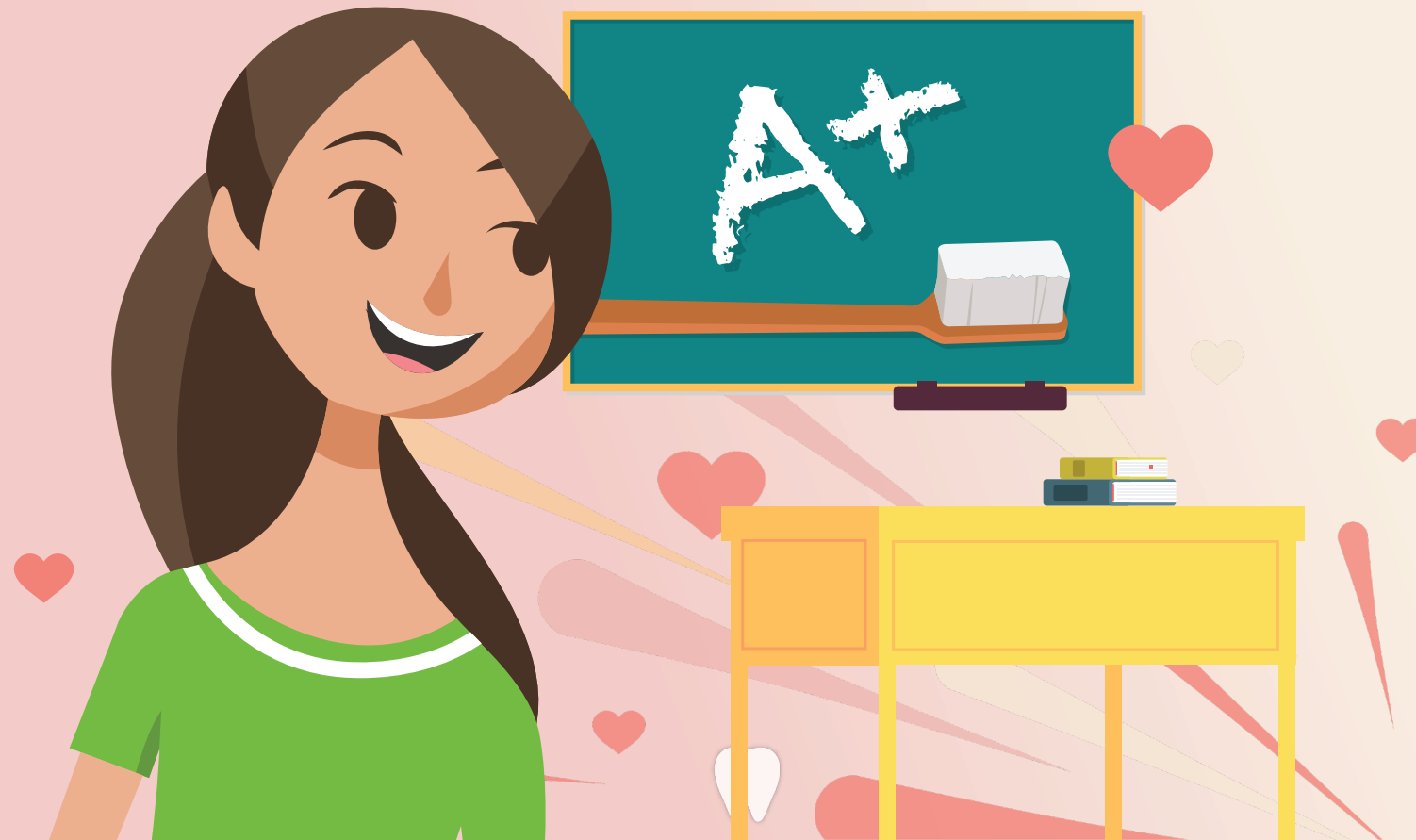
Be sure you schedule your child's dental assessment 12 months before entering public school for the first time or by **May 31<sup>st</sup>** of their first year (Kindergarten or 1<sup>st</sup> Grade).

**Don't delay and book their dental assessment!**



# Oral Health and School Success

Help your child have a great school year by developing good oral health habits early and seeking preventive care for a strong, healthy smile.



# Oral Health and School Success



When teeth are healthy and pain-free, it's easier to focus and listen, play and share, learn and solve, and grow and succeed!

# Oral Health and School Success

Brush 2x a day for 2 minutes and visit the dentist 2x per year with your Medi-Cal Dental benefit.





For more information on oral health and school readiness tips visit [SmileCalifornia.org](https://SmileCalifornia.org)



  
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