

# Oral Health Plan

## Questions to discuss with your loved one:

Where is the most comfortable place to brush and floss? \_\_\_\_\_

When are the best times for you and your loved one to brush and floss every day? \_\_\_\_\_

## Get ready to go!

- Find a dentist for your loved one by visiting **SmileCalifornia.org**, or by calling the Telephone Service Center at **1-800-322-6384**.
- Call that dentist and schedule an appointment for your loved one. Make sure you tell them if any accommodations need to be made.
- Make arrangements for them to get to and from their appointment.
- Write down the date and time of the appointment and remember to go!

## What feedback did the dentist give your loved one at their appointment?

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# Medi-Cal Covers Your Loved One's Dental Needs

As a caregiver, you play an important role in helping your loved one maintain a healthy smile.

This Oral Health Plan belongs to:

Last dental visit:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Next dental visit:

\_\_\_\_/\_\_\_\_/\_\_\_\_



SmileCalifornia.org

# Practicing good daily oral hygiene is an important part of maintaining good overall health.

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, infection, and tooth loss.

Your loved one may not be able to brush and floss by themselves and might need your help. As a caregiver, you play an important role in helping your loved one keep their teeth and gums healthy. As a result, this can improve their overall health and sometimes behaviors.

## Here are some tips for helping your loved one maintain a healthy smile:



Set a daily brushing and flossing routine. Some people do better at different times of the day and in settings other than at the bathroom sink.



Schedule at least one dental appointment for your loved one every year.



Encourage them to eat well, replacing sugary drinks and foods with healthy options.



If your loved one has dentures, help or remind them to remove and clean their dentures every morning and night.



### If your loved one can brush and floss on their own:

- Talk with them about the importance of keeping their mouth healthy.
- Check that they have an easy-to-handle toothbrush without frayed bristles. Be sure they are replacing their toothbrush every three months.
- Offer to make dental appointments for your loved one and drive them to their appointments.

As a Medi-Cal member, you are covered for these services:



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 age 21 and over.

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

\*\*\*For those who qualify.

### If your loved one needs help taking care of their mouth:

- Try the “tell-show-do” technique — When brushing and flossing your loved one’s teeth explain (tell) what each step is before you start. Show your loved one how you are going to brush and floss their teeth. Do each step exactly how you explain it so there are no surprises.
- Find the best place and time where you will both be comfortable brushing and flossing.
- Make dental appointments for your loved one and drive them to their appointments.