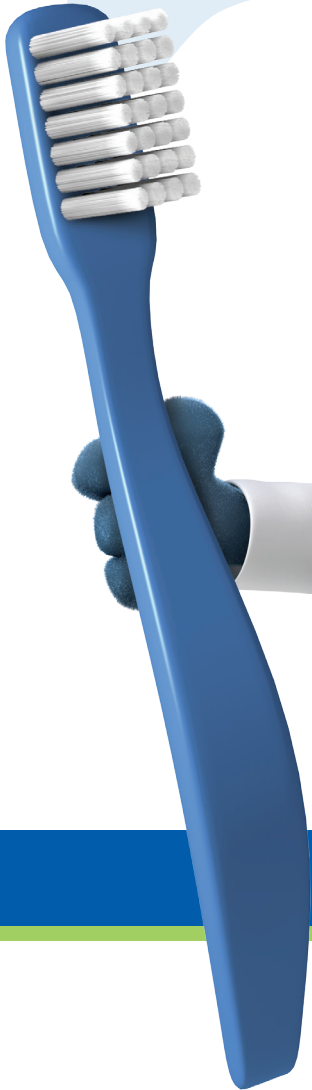


Healthy teeth,
healthy you.



UnitedHealthcare®

Community Plan







Brushing your teeth can be fun!



Become a super brusher!

Remember these tips:

-  Brush at least twice a day, like after breakfast and before bed.
-  Move your toothbrush in circles. Don't forget to get the front, back, inside and outside – even the teeth that are hard to reach.
-  Hum the A-B-Cs while you brush to make sure you're brushing long enough.
-  Make sure to rinse your brush after every brushing to keep any germs away.





**Foods that are good for your body
are also good for your teeth!**



Healthy foods, healthy teeth.

Some foods you can eat whenever you want. These have lots of nutrients that are good for you. Foods like fruit, vegetables, cheese and water are especially good. Eat a rainbow of food during your day.

Some foods taste good but aren't as good for your body or your teeth. You can have them sometimes, but not always. Candy, soda and chips should be eaten only as a treat now and then. And remember to rinse out your mouth after eating them to keep your teeth clean.





Brush **TWICE** a day.



Keep track of your brushing.

Use this chart to keep track of when you brush your teeth. Check off each paw print when you brush.







	Morning	Night
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Dental services.



Parent, Medi-Cal covers these dental services up to age 21:

-  Diagnostic and preventive dental hygiene (e.g., exams, X-rays, and teeth cleanings)
-  Emergency services for pain control;
-  Tooth extractions;
-  Root canal treatments;
-  Prosthetic appliances; and
-  Orthodontics for children who qualify.

If you have questions or want to learn more about dental services, call Denti-Cal at **1-800-322-6384**, **TTY 1-800-735-2922**. You may also visit the Denti-Cal website at **denti-cal.ca.gov**.

[UHCCommunityPlan.com/CA](https://www.uhc.com/communityplan/ca)

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

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 1-866-270-5785, TTY 711。