



# Member Bulletin

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## THIS ISSUE

- pg 1 June is Oral Health Month
- pg 2 June is Scleroderma Awareness Month
- pg 2 Need a ride? Medi-Cal Can Help!
- pg 4 Language Assistance

## June is Oral Health Month

June is Oral Health Month! Keeping your teeth and gums healthy is important. Poor oral health can impact the way you feel and think. You should go to the dentist regularly, brush and floss, and eat healthy foods. For more ways to maintain your smile, check out the [Smile, California website](#). You can click the [Members](#) link at the top of the homepage to find:

- Smile, California videos
- Medi-Cal Dental materials, including:
  - Brochures and flyers
  - Picture booklets called “fotonovelas”
  - Member Handbook
  - Molar Sealant informational sheet
  - Translation help
- Fun activities for kids
- Member Bulletins
- Events schedule

Visit the [Smile, California website](#) for more ways to learn about your Medi-Cal dental benefit.

## June is Scleroderma Awareness Month

June is Scleroderma Awareness Month. Scleroderma is a rare autoimmune disease. It has no known cause or cure. Scleroderma has many symptoms. Some of these include hardening skin, stiff joints, and digestive issues. The disease can also

Continued on pg 2

Learn more about free or low-cost dental services to help keep you and your smile healthy at:

[SmileCalifornia.org](http://SmileCalifornia.org)

FIND A DENTIST

Click for a complete list of Medi-Cal dental providers in your area.





impact oral health. [According to the Scleroderma Foundation](#), people with scleroderma are more likely to be affected by dental conditions such as small mouth, dry mouth, jaw pain, and gum disease. People with scleroderma should visit their dentist frequently to help treat the symptoms.

## Need a ride? Medi-Cal Can Help!

Medi-Cal can help with rides! Since July 1, 2018, you can get a ride to visits for services covered by Medi-Cal. Visits include medical, mental health, substance abuse, or dental services.

Medi-Cal covers two types of rides. One type of ride is called nonmedical transportation (NMT). If you can travel by car, bus, train, or taxi, but do not have a ride to your appointment, NMT services can be set up. You can also use NMT if you need to pick up prescriptions, medical supplies, or equipment.

For help with a NMT ride, follow the steps below:

- If you are enrolled in a Medi-Cal Dental Managed Care (DMC) plan, call your DMC plan for information on how to get NMT services.
- If you are not enrolled in a Medi-Cal DMC plan, call the Telephone Service Center at 1-800-322-6384.

Go to the Department of Health Care Services [website](#) for more information about rides arranged by approved NMT medical or dental providers. Your county office may be able to help you get a NMT ride for non-dental appointments.

The other type of ride is called non-emergency medical transportation (NEMT). Medi-Cal offers NEMT services to eligible members based on your medical need. Your medical or dental provider can decide if you need NEMT services. NEMT services cover wheelchair vans, litter vans, ambulances, or air transportation. You should ask for a ride as soon as you can before your scheduled appointment. If you have or will have many upcoming appointments, your medical or dental provider can ask for advance transportation to cover future appointments.

Continued on pg 3



# Language Assistance

## English

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-800-322-6384 (TTY: 1-800-735-2922).

## Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-322-6384 (TTY: 1-800-735-2922).

## Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-322-6384 (TTY: 1-800-735-2922).

## Tagalog (Tagalog – Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-322-6384 (TTY: 1-800-735-2922).

## 한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-322-6384 (TTY: 1-800-735-2922). 번으로 전화해 주십시오.

## 繁體中文 (Chinese)

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 1-800-322-6384 (TTY: 1-800-735-2922)。

## Հայերեն (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ ԵՐԵ Խոսում էք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվակապակցում ծառայություններ: Ձանգահարեք 1-800-322-6384 (TTY (հեռատիպ)՝ 1-800-735-2922):

## Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-322-6384 (телетайп: 1-800-735-2922).

## فارسی (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-322-6384 (TTY: 1-800-735-2922) تماس بگیرید.

## 日本語 (Japanese)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-322-6384 (TTY: 1-800-735-2922) まで、お電話にてご連絡ください。

Continued on pg 4



**Hmoob (Hmong)**

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-322-6384 (TTY: 1-800-735-2922).

**ਪੰਜਾਬੀ (Punjabi)**

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-800-322-6384 (TTY: 1-800-735-2922) 'ਤੇ ਕਾਲ ਕਰੋ।

**العربية (Arabic)**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-322-6384 (رقم هاتف الصم والبكم: 1-800-735-2922).

**हिंदी (Hindi)**

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-322-6384 (TTY: 1-800-735-2922) पर कॉल करें।

**ภาษาไทย (Thai)**

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-322-6384 (TTY: 1-800-735-2922).

**ខ្មែរ (Cambodian)**

ប្រយ័ត្ន: បរិស្ថានជាអ្នកនិយាយ ភាសាខ្មែរ, បសវន៍នួយខ្លួនភាសា បោយមិនគិតលក្ខណ៍ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-322-6384 (TTY: 1-800-735-2922)។

**ພາ ສາ ລາ ວ (Lao)**

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ ທ່ານ. ໂທ 1-800-322-6384 (TTY: 1-800-735-2922).