



Member Bulletin

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November 1st is National Brush Day!

November 1st is National Brush Day! Remind your child to keep-up good brushing habits, especially after Halloween. Your child should brush their teeth twice a day for two minutes. Helping your child keep their teeth clean and healthy is one of the best things you can do for their overall health. For more information and to see kid-friendly videos and resources to make brushing more fun, please visit the [Partnership for Healthy Mouths website](#).

Smile, California: It's Time to Smile

Even though the end of the year is around the corner, you still have time to make the most of your 2019 Medi-Cal dental benefit! Don't let the holidays be the reason you let your dental benefit go unused. Remember, you and your family's dental health is important.

As an adult you can have a check-up every 12 months and your children can have a check-up every 6 months. If your family has not had a dental check-up this year, it's time to go!

Visit [SmileCalifornia.org](#) to learn more about the Medi-Cal dental benefit, covered services and how to find a Medi-Cal dentist near you.

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

[SmileCalifornia.org](#)

FIND A DENTIST

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