



MedStar Family Choice

DISTRICT OF COLUMBIA

Dental health checks **matter!**



This program is funded in part by the
Government of the District of Columbia
Department of Health Care Finance.



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

We got you!

Live well, live long!

As your healthcare provider, MedStar Family Choice District of Columbia is committed to supporting you and your child in living a healthy life so you can feel your best. This information will help you understand more about dental health checks.

Did you know you could receive a gift card?

Depending on your child's age, you may qualify to receive up to \$25 in gift card rewards for completing their dental exam. To learn more and schedule an appointment, get in touch with a member of your Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)/Well Child team. They will be happy to answer your questions and help you make a dental exam appointment.



What is a dental health check?

A dental health check is a routine exam performed by your child's doctor or dentist to ensure that their teeth, gums, and mouth are healthy. During your child's EPSDT dental checks, they will receive teeth cleanings and other dental services. Also, you and your child will receive education on caring for their teeth and developing healthy dental habits from an early age.

Please remember to take the Oral Health Assessment form to your child's dental visits. The Oral Health Assessment form is available on the DC Health website at DCHealth.DC.gov/Service/School-Health-Services-Program



When do dental health checks start?

Dental health checks should start early in your child's life. Starting dental health checks early can set your child on a path to good oral health and create positive attitude towards dental care.

- **For children aged 1 year**, dental screening is done by the pediatrician (doctor) during well-child visits.
- **For children ages 1-3 years**, the pediatrician (doctor) can perform the screening, OR your child can visit a dentist once per year.
- **From ages 3-20 years**, dental services are provided by the dentist during checkups every six months.

3 reasons for early dental health checks

- Baby teeth assist in the development of your child's speech.
- Untreated baby teeth can negatively affect the development of permanent teeth.
- A child's smile affects their self-esteem and confidence.



What happens during a dental health check?

When you have a dental health check, the dentist will do many important things to keep your teeth healthy. Dental health checks can include the following:

- X-Rays
- Examination of the mouth
- Check for cavities
- Cleaning and applying fluoride to teeth
- Evaluate the need for extra fluoride (helps prevent cavities)
- Check oral hygiene (go over brushing and flossing if needed)
- Evaluate for dental sealants (sealants are a protective coating applied to the tooth)
- Evaluate diet and nutrition
- Counseling for non-nutritive habits (comforting habits from the use of pacifiers and finger or thumb sucking)
- Counseling for injury prevention
- Substance abuse counseling
- Counseling for piercings in and around the mouth

Teach your child early not to fear the dentist

The younger you start bringing your child to the dentist, the less they will fear it. It will teach your child that visiting the dentist is a necessity, not a choice, and that the dentist will take care of their teeth so they are kept healthy and strong to eat. When nothing seems to be helping your child deal with their dental fears, another harmless option is laughing gas.

Need help finding a dentist for your child?

We got you! Call Enrollee Services at **888-404-3549**.

Need a ride to your upcoming appointment?

We got you! Call Access2Care Transportation Services at **866-201-9974** to schedule a ride at no cost to you.



Tooth decay is the most common chronic early childhood disease

Tooth decay can cause:

- Loss of teeth and expensive emergency treatments
- Infections make a child more vulnerable to infections in other parts of the body, such as the ears, sinuses, and brain
- Future oral health problems in adulthood

Questions?

For more information or assistance scheduling dental exams call us at **855-798-4244**. Select 1 for Enrollee Services, and then select 2 for an outreach representative. TTY users call **711**. Our office is open Monday through Friday from 8 a.m. to 5:30 p.m.

If you do not speak or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante lo asistirá.

Nếu bạn không nói hoặc đọc Tiếng Anh, vui lòng gọi 888-404-3549 giữa 8 giờ sáng đến 5 giờ 30 chiều. Một người đại diện sẽ hỗ trợ bạn

영어를 읽거나 말할 수 없다면, 오전 8시에서 오후 5시 30분 사이에 888-404-3549로 문의하십시오. 대표가 도움을 드릴 것입니다.

Si vous ne parlez pas ou ne lisez pas l'anglais, veuillez appeler le 888-404-3549 entre 8h00 et 17h30, un représentant vous répondra.

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MedStarFamilyChoiceDC.com/Enrollees/General-Benefits

It's how we treat people.