

Dental Health

Did you know?

- **Your mouth is a window into the health of your body.** Tooth decay (cavities or caries) and gum disease are linked with other health problems like heart disease, stroke, and pneumonia. If you are pregnant, tooth decay and gum disease can cause you to have your baby early or have a small baby.
- **You can have dental problems and not know it.** If you don't go to the dentist because your teeth feel fine, you might not notice if something is wrong until it gets serious.
- **If your child has tooth decay, it can keep them from doing well in school.** Tooth decay is painful for kids and can make it hard to sleep at night. This makes it hard to focus on school during the day. Tooth decay can even make baby teeth fall out early!
- **Early childhood tooth decay is caused by an infection in your child's mouth.** This infection is caused by germs that can be passed from one person to another. Women, Infants, and Children (WIC); Public Health; or Head Start may offer fluoride varnish application to keep your child from getting cavities or stop ones that have already started.

There are two kinds of dental care. Preventive care is to keep you healthy. Restorative care is to fix something that is wrong. We will pay for both kinds of care. You can see any dentist who is willing to accept PrimeWest Health payment as payment in full. Look in your *Member Handbook* to find out what dental services are covered.

How to keep your mouth healthy

- Brush your teeth 2 times a day with fluoride toothpaste.
- Use a new toothbrush every 3 – 4 months or sooner if the bristles are frayed.
- Floss your teeth once a day.
- Eat a balanced diet and limit between meal snacks.
- See a dentist regularly for checkups and cleanings.

How to keep your child's mouth healthy

- Never let your child go to bed with milk or juice in a bottle or sippy cup; only water.
- Stop bottle feeding about age 1.
- Before your baby has teeth, clean their mouth and gums twice a day with a wet cloth.
- As your child's teeth appear, brush them 2 times a day with a "smear" of fluoride toothpaste. Use a pea-sized amount of for kids ages 3 – 5. Supervise brushing until age 8 or 9.
- Make sure your child brushes their teeth 2 times a day, in the morning and before bed. Check to be sure your child does not miss any areas of their teeth.
- Do not let your child eat sugary, sticky snacks between meals.
- Have a dentist or doctor check your child's mouth when the first tooth comes in, usually between 6 and 12 months of age.

Don't forget: a healthy mouth is important and will help the rest of your body stay healthy, too. So see your dentist regularly! If you need help finding a dentist, call PrimeWest Health Member Services at **1-866-431-0801**, Monday – Friday, 8 a.m. – 8 p.m. TTY users call **1-800-627-3529** or **711**. These calls are free.

When you go to the dentist, always show your PrimeWest Health membership card. If you are not able to keep a dental appointment, call the dentist's office as soon as possible to cancel it. If you need a ride to your dentist, call the PrimeWest Health Member Transportation Line at **1-888-814-6643** (TTY **711**). These calls are free. Please try to call at least 2 business days before the ride is needed.

Benefits vary by plan. Check your *Member Handbook*.



1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

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Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သျှ်ဟ်သးဘၣ်တက့ၢ်. ဖဲနမ့ၢ်လိၣ်ဘၣ်တၢ်မၤစၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘၣ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປໂຫຍາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.