



**Call your dentist and make
an appointment today!**

Fluoride Treatment for Your Child

Cavities (also known as dental caries or tooth decay) that are not treated can cause pain and infections for your child. Cavities may lead to problems with eating, speaking, playing, and learning. Fluoride varnish is an easy way to protect against cavities.



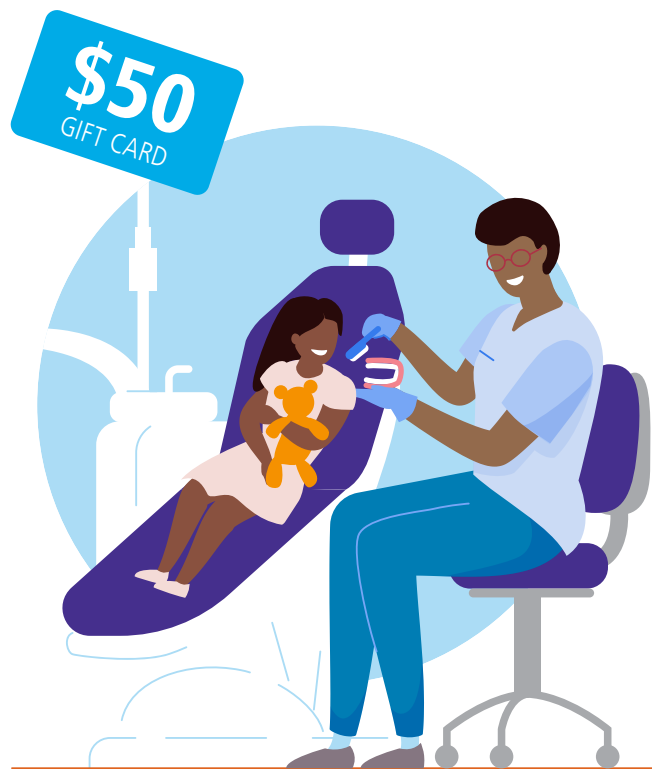
Bring your child to the dentist for fluoride treatment and get \$50!

All kids aged 12 months (1 year) to 47 months (3 years and 11 months) can get fluoride varnish at their dentist. **You can get a \$50 gift card after your child's first fluoride varnish visit.** After the visit, you will automatically get a gift card in the mail from San Francisco Health Plan (SFHP)! You do not have to fill out any forms to receive the gift card.

The gift card will be mailed to you in 5 weeks. If you have yet to get your gift card, please call Customer Service at **1(415) 547-7800, 1(800) 288-5555** (toll-free), or **1(415) 547-7830** (TTY), Monday through Friday, 8:30am to 5:30pm.

Make sure your dentist is part of your network! If the dentist is not part of your network, you will be charged for your visit and will not be eligible for the gift card.

For Medi-Cal members, call Medi-Cal Dental at **1(899) 322-6384** to find a dental provider. For Healthy Workers HMO members, call Liberty Dental at **1(888) 703-6999** or SFHP Customer Service at **1(415) 547-7800, 1(800) 288-5555** (toll-free), or **1(415) 547-7830** (TTY).



If you have questions you can call San Francisco Health Plan Customer Service Monday through Friday, 8:30am to 5:30pm at **1(415) 547-7800, 1(800) 288-5555** (toll-free), or **1(415) 547-7830** (TTY).

What Is Fluoride Varnish?

A protective coating that is painted on teeth by a dentist to prevent tooth decay

Safe, quick, and doesn't hurt

Can be given to your child by a dentist as soon as your baby's first tooth comes. Talk with your primary care provider* (PCP) or dentist about fluoride varnish when your child's first tooth shows.

**Your primary care provider is the doctor, physician assistant, or nurse practitioner in charge of your health care.*

Helps even if you are getting fluoride drops, tablets, rinses, toothpaste, or drinking water with fluoride

Can be given at Child Health and Disability Prevention visits and other medical or dental visits

Works best when given by your PCP or dentist 2 or more times per year

May coat teeth with a slight yellow color for a short time. Brushing the next morning will return teeth to their normal color.

Make sure your child brushes their teeth twice a day with fluoride toothpaste to help lower the risk of cavities. For babies and children less than 2 years old, brush their teeth with water every day as soon as you see their first tooth and talk with your child's PCP or dentist before they start using any fluoride toothpaste.



Learn more with the "Fluoride Varnish" fact sheet at sfhp.org/health-ed.



Sources:



**CDC Children's
Oral Health**



**San Francisco Department
of Public Health**



**Guide to Eating and Drinking
after Going to the Dentist**