



**San Francisco
Health Plan**SM

Your Body, Your Baby

STEPS FOR A HEALTHY START

San Francisco Health Plan (SFHP) is here to help you stay healthy before, during, and after your pregnancy. There are many benefits and covered services that you can get to support you and your family. You can use this book to learn about the benefits you have with SFHP and tips for having a healthy body and baby.

POSTPARTUM EDITION

sfhp.org



If you have any questions or concerns about your health, talk with your primary care provider (PCP) or OB/GYN. Your PCP is your main doctor, physician assistant, or nurse practitioner. An OB/GYN is a doctor who takes care of women's health. They are experts in pregnancy and childbirth (obstetrics) and the female reproductive system (gynecology).

Learn more about your San Francisco Health Plan (SFHP) benefits in your SFHP Member Handbook or at **sfhp.org**. Each program from SFHP has its own offerings and eligibility rules. Some services and goods described in this book are not available to all members.

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This book is part of a two-part series which covers prenatal and postpartum topics. If you want to check out the other book, you can visit sfhp.org/health-ed. You can also ask your PCP or OB/GYN.

To see what services and goods are available for you, contact SFHP Customer Service:

- Phone: **1(800) 288-5555** or **1(415) 547-7800**
- TTY Customer Service: **1(888) 883-7347**
- Phone Hours: Monday–Friday, 8:30am–5:30pm

You may call the SFHP Service Center to set up an in-person or phone appointment:

- Phone **1(415) 777-9992** or **1(888) 558-5858**

Community Health Workers for easy pregnancy care



Community Health Workers (CHW) are your partners to make sure you get the health care you need. They can help because they either share your same culture, health condition, or have been through the same experiences as you. They can meet with you in-person, by phone, or video. You can meet one-on-one or in a group setting.

A COMMUNITY HEALTH WORKER CAN HELP YOU

- Make appointments
- Talk with your PCP
- Get health education
- Connect you to benefits (like translators, transportation, food)



Ask your PCP if you can get a CHW to support you or a family member. You can get a CHW at no cost if you are a Medi-Cal member. Learn more at sfhp.org/mc/benefits.

You can get a CHW if you have a certain health problem, such as:

- Need help getting routine care
- Have a chronic condition (like diabetes or asthma)
- Want to quit smoking, vaping, or chewing tobacco
- Have trouble with drugs or alcohol
- And more



Postpartum Care

The postpartum period is the time after you give birth. This usually lasts 6–8 weeks but can last up to 1 year. During this time, you may see changes in your body, mind, and diet. While your new baby needs care, make sure to talk to your PCP about how to take care of your own body and mind too.

Normal changes in your body after giving birth:

- Get as much rest as possible. You may find that all you can do is eat, sleep, and care for your baby. And that is okay.
- You will have spotting or bleeding, like a menstrual period, on and off for up to 6 weeks. Please make sure you use pads instead of tampons.
- You might have swelling in your legs and feet, feel constipated (hard to pass stool), or have abdominal cramps. Use a warm pack or hot water bottle for cramps.
- Even if you are not breastfeeding, you can have milk leaking from your nipples. Your breasts might feel full, tender, or uncomfortable.
- Follow your PCP’s guidance on how much activity, like climbing stairs or walking, you can do for the next few weeks



The first few weeks after giving birth

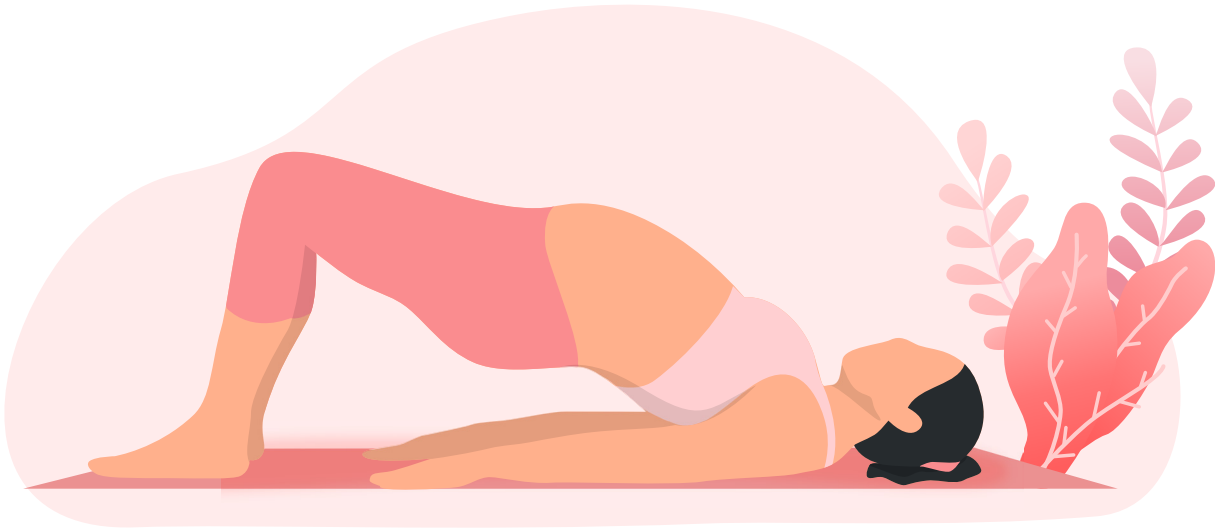
Get help with everyday tasks Ask family, friends, or get help from a doula (birth worker)	Drink a lot of fluids Try to drink 8–12 cups (64–96 ounces) of water each day	Talk to your PCP about birth control You can still get pregnant while nursing	Talk to your PCP about when to go back to work Each person feels ready to work at their own time
Plan your next postpartum visit with your PCP You may have one visit in 1–2 weeks, and another visit in 2–12 weeks after giving birth. Please ask your PCP if you have any questions.		Talk with your PCP about your mental health Feeling depressed during this time is common and can be treated. Visit carelonbehavioralhealth.com or call 1(855) 371-8117 to make a mental health appointment. You do not need a referral.	

Postpartum physical therapy

After giving birth, many people experience physical changes they've never dealt with before. Many postpartum people experience issues with their pelvis, such as anal or urinary incontinence, leaking urine and pelvic organ prolapse. If you are interested in physical therapy during postpartum, talk with your PCP. Your PCP can refer you to a physical therapist near you.



Learn more in your SFHP Member Handbook or visit sfhp.org/mc/benefits.



It's okay to ask for help

You can get mental health care by phone, video, or in-person through Carelon Behavioral Health. You do not need a referral. You can call Carelon Behavioral Health to learn more or make an appointment at **1(855) 371-8117** or **carelonbehavioralhealth.com**. If you have any concerns about feeling close with your child, Carelon offers support for infant-parent bonding.

SOURCES



Pelvic Organ Prolapse

Postpartum moods, anxiety, and depression

Mood changes and anxiety are very common after giving birth. This is caused by changes in hormone levels that happen after being pregnant. You may also feel stress from other parts of your life, such as a lack of sleep.

It is okay to ask for help as these feelings can impact you and your family. Some people get help in support groups, talk therapy, or medication. Talk with your PCP about how you are feeling and if you want to get support.



Get a \$50 gift card after your postpartum visit

To get a gift card, you must see your PCP 2–12 weeks after the end of your pregnancy. SFHP will automatically mail your gift card after you have your postpartum visit. Learn more at sfhp.org/rewards.



You can use this checklist to help you talk with your PCP. Check the boxes that best match your feelings over the past 2 weeks. Take it with you to your next health visit.

Postpartum depression can last 7 months or longer if not treated. Most people get better with treatment.

In the past 2 weeks (14 days) how often have you:	None	A few days	More than 1 week (7 days)	Every day
Felt sad, “down”, or low?				
Felt more tired than usual, or have less energy in the day?				
Felt upset or annoyed at small things?				
Had a hard time with focus, thinking, or making choices?				
Not felt hungry or ate too much?				
Felt worried you might hurt yourself or like you wanted to die?				
Had trouble enjoying things that used to be fun?				
Felt like you have no one to talk to?				
Felt that you can’t make it through the day?				
Felt worthless or hopeless?				
Had headaches, backaches, or stomach aches?				
Had a hard time sleeping when your baby sleeps, or sleeping too much?				
Felt numb or not close to your baby?				
Had scary or negative thoughts about your baby?				
Worried that you might hurt your baby?				
Felt worried or scared that something bad might happen?				
Felt guilty or ashamed about your job as a mom?				

SOURCES

 **MedlinePlus:**
Postpartum Care

 **MedlinePlus:**
Postpartum Depression

 **Maternal Mental Health
Leadership Alliance:** Fact Sheets

Birth Control After Pregnancy

It is important to plan your next pregnancy if you want more children or prevent a pregnancy if you don't. Having pregnancies at least 12 months apart will give your body time to fully recover. Using birth control is the best way to prevent pregnancy until you decide if and when to have another baby.

5 types of birth control methods

- **Long-acting reversible contraceptives (LARC)** work the best for people who want an effective choice for a long time. Once you get them, LARC birth controls work for years. These are also easy to undo if or when you want to get pregnant. You can get the hormonal intrauterine device (IUD), copper IUD, or implant.
- **Sterilization** is an effective method, and permanent. It is not easy to undo. Sterilization is either a vasectomy (cutting and sealing tubes that carry sperm) or tubal ligation (tying fallopian tubes).
- **Hormonal methods** work well when you use them right. They may cause changes to your period and other side effects. You can get these in the form of a shot, ring, patch, or pill. You can get a 1-year supply with SFHP at no cost.
- **Barrier methods** must be used each time you have sex to work well. How well these methods work depends on how you use them. Examples are condoms, internal condoms, contraceptive gel, diaphragm, sponge, spermicides, and the cervical cap. You can get a 30-day supply with each prescription at no cost.
- **Natural family planning methods** work based on how you use them. Examples are not having sex, withdrawal, or knowing when you are fertile.



Sensitive Care

You can get birth control with SFHP at no cost. If you are under age 18, you can get birth control without a parent or guardian's permission. As an adult 18 years or older, you may not want to go to your PCP for certain sensitive or private care. You can choose any Medi-Cal doctor or clinic for these types of care:

- Family planning and birth control including sterilization for adults 21 and older
- Pregnancy testing and counseling

Learn more about each birth control method at [cdc.gov](https://www.cdc.gov) or [familypact.org](https://www.familypact.org).



Learn more in your SFHP Member Handbook
or visit sfhp.org/mc/benefits.





When to wait

Wait 3 weeks after giving birth before using birth control that does not have hormones, such as condoms, the diaphragm, or copper IUD.

Wait 6 weeks after giving birth before using birth control that has hormones, like the pill, patch, shot, ring, implant, or the hormonal IUD. Waiting can lower your risk for blood clots.

SOURCES



Womenshealth.gov:
Birth Control Methods



Womenshealth.gov:
Getting Pregnant Again



Family PACT:
Birth Control Methods



CDC:
Birth Control



Feeding

The longer a baby is breastfed, the more they are protected from certain illnesses and long-term diseases. The American Academy of Pediatrics recommends that babies be fed only breast milk and/or infant formula until they are 6 months old. Breastfeed your baby for one year for the best health results for you and your baby.

What are the benefits of breastfeeding?

Breastfeeding gives you and your baby time to be close, get to know each other, and bond. It also provides you and your baby a lot of other benefits.


BENEFITS FOR YOU

Breastfeeding can help protect you from:

- Ovarian and breast cancer
- High blood pressure
- Type 2 diabetes

BENEFITS FOR YOUR BABY

- Breast milk is the best source of nutrition for most babies
- It helps protect your baby from infection and illness
- It lowers your baby's risk of obesity, asthma, type 1 diabetes, and sudden infant death syndrome (SIDS)
- It is easier for babies to digest than formula

 Learn more about breastfeeding at [**womenshealth.gov/breastfeeding.**](https://www.womenshealth.gov/breastfeeding)



Follow these general guidelines to make sure your baby gets all the nutrients they need. If you have any questions, ask your PCP.

Birth to 6 months

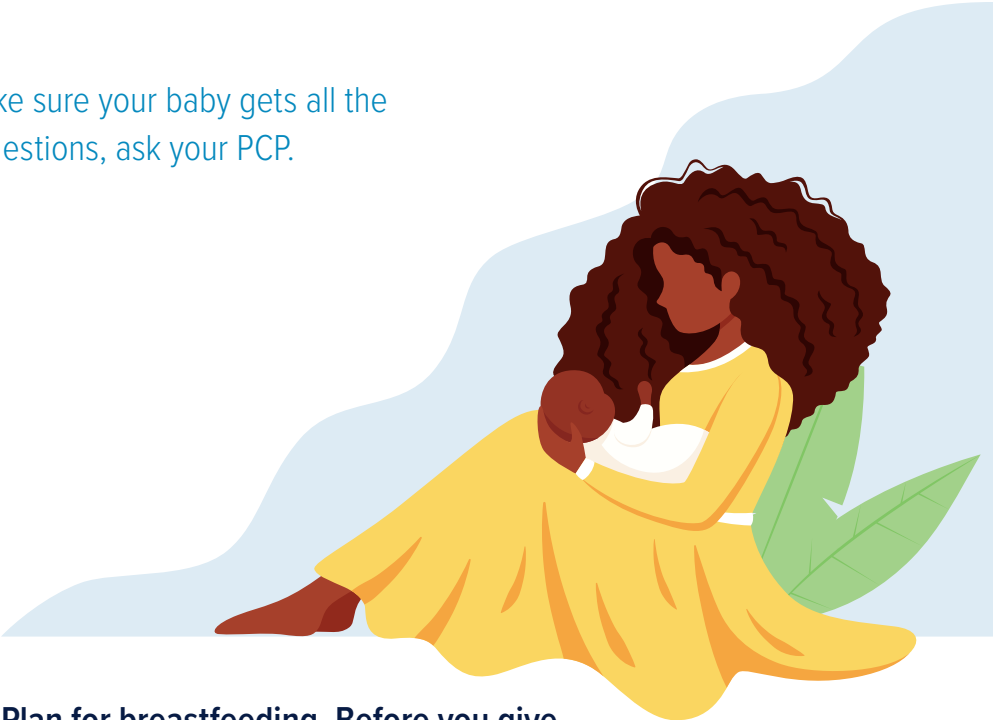
- Feed your baby breast milk (no juice, cow’s milk, solid foods, or water)
- Give your baby any vitamins or minerals that your PCP recommends, like vitamin D or iron supplements
- Ask your PCP for a lactation consultant. They can help you with breastfeeding.

About ages 6 months to 12 months

- Keep breastfeeding your baby
- Start feeding your baby new foods, such as foods high in iron and zinc—like enriched infant cereal, meat, seafood, and beans

Age 12 months and older

- Keep breastfeeding if it feels right for you and your baby
- Keep adding new foods to your baby’s diet



Plan for breastfeeding. Before you give birth, these steps can prepare you for breastfeeding.

Talk to your PCP, midwife, or doula about your plans to breastfeed

They can answer your questions and support you

Join a breastfeeding class

Some mothers find that taking a class can help them practice.
Find a free class at sfhp.org/wellness.

Buy breastfeeding items

Try using a nursing pillow, nursing bra, and covers. You can get a breast pump and kit with SFHP if you are breastfeeding. Ask your PCP or call SFHP Customer Service to learn more.

After your baby’s birth, tell your health care team that you want to breastfeed right away. Ask them not to feed your baby formula if possible.

Breastfeeding 101

Most babies are ready to eat 1–2 hours after birth. Below is a step-by-step guide on how to breastfeed.

1. Wash your hands before each feeding.
2. With your free hand, put your thumb on top of your breast and your other fingers below.
3. Touch your baby's lips to your nipple until your baby opens their mouth wide.
4. Put your nipple all the way in your baby's mouth and pull your baby close to you. This lets your baby's jaw squeeze the milk ducts under your areola (nipple).
5. When your baby is "latched on" the right way, both lips should cover most of your areola (nipple). Your baby's jaw should begin to move back and forth.
6. Your baby may make low-pitched swallowing noises instead of smacking noises. If you feel pain while your baby is nursing, they may not be latched on.
7. Your baby's nose may touch your breast during nursing. Babies' noses are made to allow air to get in and out. If you're worried your baby can't breathe well, gently press down on your breast near your baby's nose to give them more room to breathe.





How should I hold my baby while breastfeeding?

You can hold your baby in a few ways. Your baby shouldn't have to turn their head or strain their neck to nurse.

Clutch or "football" hold

Hold your baby at your side with the baby lying on their back and with their head at the level of your nipple. Support your baby's head by placing the palm of your hand at the base of their head. This hold is good for:

- If you had a C-section
- If you have flat or inverted nipples
- If you have large breasts
- Babies who like to be in a more upright position when they feed

Cradle hold

Hold your baby with their head on your forearm and their body facing yours. This is an easy hold that is comfortable for most mothers and babies.

Laid-back hold

Lie back on a pillow. Lay your baby against your body with your baby's head just above and between your breasts. Gravity and an instinct to nurse will guide your baby to your breast. As your baby searches for your breast, support your baby's head and shoulders but don't force the latch. This is a more relaxed hold.

Cross-cradle hold

Hold your baby along the area opposite from the breast you are using. Support your baby's head at the base of their neck with the palm of your hand. This hold is good for:

- Babies born early
- If you want to give extra head support and help the baby stay latched
- Babies with a weak suck

Lying on your side

Lie on your side with your baby facing you. Pull your baby close so your baby faces your body. This hold is good for:

- If you had a C-section
- If you want to rest while the baby breastfeeds

How often should I breastfeed?

You should breastfeed as soon as possible after giving birth (usually 1–2 hours after birth). Then, breastfeed your baby every 2–3 hours each day so that you will make plenty of milk. This means that in the first few days after giving birth, your baby will need to breastfeed every 1–2 hours during the day and a few times at night.

Healthy babies have their own feeding patterns. Follow your baby's lead for when they are ready to eat and when they are done feeding.



Learn your baby's hunger signs

Signs your baby may be hungry:

More alert
and active

Putting hands or fists to mouth

Making sucking motions with the mouth

Turning the head to
look for the breast

Crying can be a late sign of hunger. It may be harder for the baby to latch if they are upset. Over time, you will be able to learn your baby's cues for when to start feeding.

Signs your baby is getting enough to eat

Common number of wet diapers and stool in a baby's early weeks (it is fine if your baby has more):

Baby's age	Breast milk	Wet diapers/ 24 hours	Dirty diapers/24 hours
1–2 days*	Colostrum or “first milk.” Thick and yellow. Gives nutrients and protects baby from diseases.	1–2	Thick and black
2–6 days	Milk “comes in”	2–6	At least 3 loose stools, green to yellow
6+ days	Milk changes based on your baby’s needs	At least 6	At least 3–5 loose stools, yellow
6 weeks	Milk stays the same	At least 6	Some babies have less often but large stools

*1 day = 24 hours

How can I make more breast milk?

The best way to make more breast milk is to breastfeed often and to empty your breasts fully at each feeding. It’s important for you to get plenty of rest, eat healthy, and drink more liquids. Give your body time to catch up to your baby’s demands.

To better empty your breasts, follow these tips:

- Squeeze or apply pressure to your breasts while breastfeeding
- Offer your baby both breasts at each nursing
- Pump after nursing if your baby does not empty all the milk from your breasts. Your breasts will soften when the milk is removed.

Don’t start giving your baby formula or cereal until at least 6 months old. If you give formula or cereal to your baby early, they may not want as much breast milk. This will lower your milk supply.

When to not breastfeed

While rare, your PCP may advise you not to breastfeed if you:

Take certain medication, like anxiety medicine or certain migraine medicine that is dangerous for babies


Have a specific illness (like HIV or active tuberculosis)

Get radiation therapy, though some therapies may mean only a short pause in breastfeeding

If you take medicine or are sick, talk to your PCP before you begin breastfeeding. Check with your PCP if your medication is safe when you breastfeed. Contact your PCP if your baby shows any signs of a reaction to your breast milk, such as diarrhea, excessive crying, or sleepiness.






Banked milk

If you are not able to breastfeed because of medical reasons, or if your baby cannot have formula, SFHP can help you get banked human milk. SFHP makes sure you can get banked milk from Mothers’ Milk Bank.

 Talk with your PCP or visit **mothersmilk.org** to learn more.



SOURCES

 Womenshealth.gov: Breastfeeding	 Medlineplus.gov: Breastfeeding	 Familydoctor.org: Breastfeeding	 dhcs.ca.gov: Breastfeeding	 La Leche League International
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Soothing

Your baby has many important things to tell you. In the first few months of life, they may be crying because they:

Are hungry

Have a wet or dirty diaper

Are sleepy or overtired

Are lonely or bored

Have been overfed (a bloated stomach)

Are too cold or too hot

Need comfort or love

Are hearing too much noise

Are irritated by itchy clothing or a tag

Are in pain or are ill

Need to be rocked or swaddled

Crying happens. Plan for how you’re going to deal with crying when it does happen. Think ahead about what you will do and how you will react. A crying plan could make a life-changing difference for you and your baby. Never shake a baby.

Crying plan

What can you do for your baby?

- Make your baby comfortable, not too hot, or cold

■ Feed your baby slowly and burp them often

■ Play soft music or relaxing sounds

■ Carry your baby in a carrier or sling

■ Walk with your baby or gently rock your baby

■ Take your baby for a walk in a stroller

■ Change your baby’s diaper

Take a break, don’t shake

Sometimes you might feel overwhelmed or frustrated. When you do, gently put your baby down someplace safe and walk away.

Never shake your baby for any reason. Even a few seconds of shaking can make a baby:

■ Blind

■ Not able to walk

■ Have learning problems

■ Die

Remember, it is always more important for you to stay calm than to stop your baby’s crying.

Tell everyone who looks after your baby to never shake your baby for any reason and stay calm if baby cries.

Talk about your crying plan

Talk with each person who cares for your baby about the best ways to calm your baby.

Ask them what they will do if they become frustrated and how they plan to cope

Remind all caregivers they can always put the baby down in a safe place and walk away for a few minutes

Instruct caregivers to call you before they become frustrated and ask for help

Write your name and phone number here for them:

Signs and symptoms of shaken baby syndrome

- Irregular, difficult, or not breathing
- Tremors or shakiness
- Extreme crankiness
- Limp arms and legs
- Seizures
- No reaction to sounds
- Vomiting
- Acts lifeless or has a hard time staying awake

If you think your baby has been shaken, call 911 or go to the nearest hospital emergency room.

It's okay to ask for help

- Call the SFHP 24/7 Nurse Advice Line 1(877) 977-3397
- Call Teladoc® 24/7 1(800) 835-2362
- Talk with your PCP
- Call Carelon Behavioral Health 1(855) 371-8117

SOURCES

Healthy Children Symptom Checker

Take a break and never shake your baby

It is normal to feel worried, sad, or frustrated when you can't comfort your baby.



If you feel angry or frustrated:

- Place your baby in a safe place, like the crib, leave the room, and shut the door. Give yourself a break.
- Take time to calm yourself before you try again
- It is okay to let your baby cry for a few minutes. Crying will not hurt your baby.
- Never shake your baby for any reason
- Call a friend, relative, or someone you trust for support or to give you a break

Sleeping

Newborns sleep about 8–9 hours in the daytime and about 8 hours at night. But they may not sleep more than 1–2 hours at a time. Most babies don't start sleeping through the night (6–8 hours) until they are about 3 months old, or until they weigh 12–13 pounds.

Safe sleep for baby

Always place baby to sleep on their back

Place baby on firm, flat surfaces only that is covered by a tightly fitted sheet. Soft surfaces can increase the risk of sudden infant death syndrome (SIDS).

Sleep in the same room until baby is at least 6 months old

Keep baby's sleep space clear – no blankets, pillows, bumpers, stuffed animals, cords, etc.

Do not cover baby's head or let baby get too hot. You can dress baby in sleep clothes, like a wearable blanket or "sleep sack."

Make sure baby gets vaccines.
Vaccines can lower baby's risk for SIDS.

Don't use infant seats, car seats, strollers, infant carriers, and infant swings for routine sleep and daily naps. These may block your baby's airways and won't let your baby breathe.

Don't put infants on a couch or armchair for sleep. Sleeping on a couch or armchair puts the baby at a higher risk of death and SIDS.

Do not smoke or allow others to smoke around your baby. Do not let baby lay on the clothes of anyone who has smoked.

Helping your baby fall asleep

Babies who feel secure are better able to handle being apart, especially at night. Cuddling and comforting your baby during the day can help them feel more secure.

Other ways to help your baby learn to sleep:

- Allow time for naps each day as needed for your baby's age
- Do not have any loud noises or movement close to bedtime
- Create a bedtime routine, such as bath, reading books, and rocking
- Play soft music while your baby is getting sleepy
- When your baby is old enough, offer an object that your baby can take to bed (like a small blanket or soft toy). Your baby is old enough when they can roll and sit. This will prevent any risks of harm.
- Tuck your baby into bed when they are drowsy, but before going to sleep
- Comfort your baby when they are afraid
- When they wake up at night, comfort your baby by patting and soothing. Don't take your baby out of bed.
- If your baby cries, wait a few minutes, then return and comfort with patting and soothing. Then say goodnight and leave. Repeat as needed.
- Keep your routine and actions the same



SOURCES




Stanford Children's Health: Infant Sleep

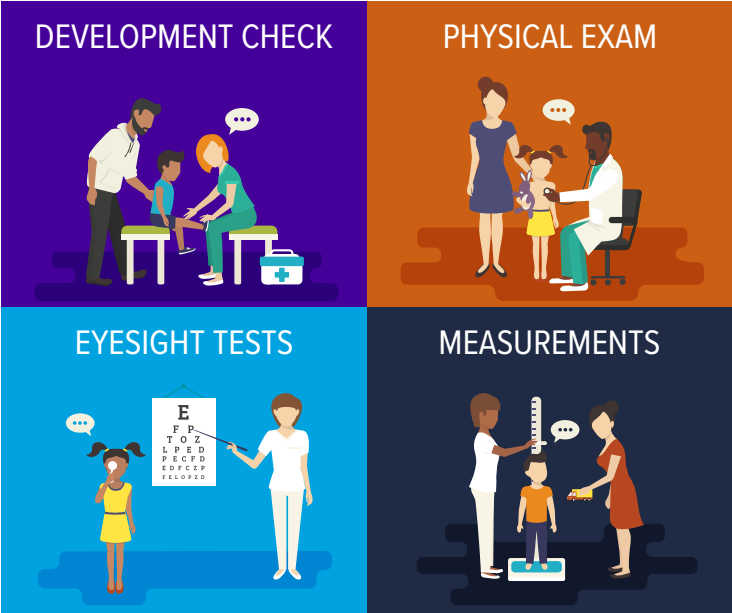


Well-Child Visits

It's important to take your child to routine check-ups, even if they're not sick. These checkups are called well-child visits. Well-child visits help to make sure your child has their needed vaccines, and that they are growing and developing as expected.

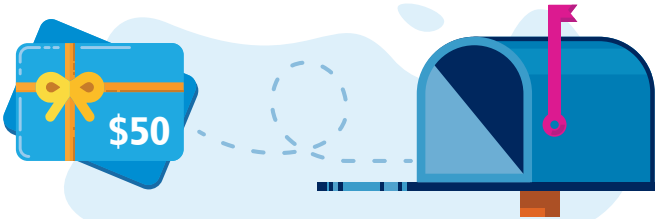
Babies should have 6 well-child visits before they are 15 months old. Toddlers should have 2 well-child visits between 16 and 30 months.

 Learn more about Medi-Cal for Kids and Teens at dhcs.ca.gov/kidsandteens.



Get a \$50 gift card for well-child visits

You can get a \$50 gift card if you have had 6 or more well-child visits with a PCP in the first 15 months of your child's life. You can only get 1 gift card for well-child visits in 1 year. SFHP will mail your gift card after you complete at least 6 visits. Learn more at sfhp.org/rewards.



SOURCES



CDC: Vaccines



DHCS Kids and Teens

Child Development

The early years of a child's life are important for their health and development. Parents, doctors, teachers, and others can work together to help kids grow up healthy.

Skills like taking a first step, smiling for the first time, and waving bye are called developmental milestones. Kids reach milestones in how they play, learn, speak, act, and move (like crawling and walking). Developmental screening takes a closer look at how your child is growing. All kids need developmental screenings so that your child can get the best support.



What happens at a screening visit?

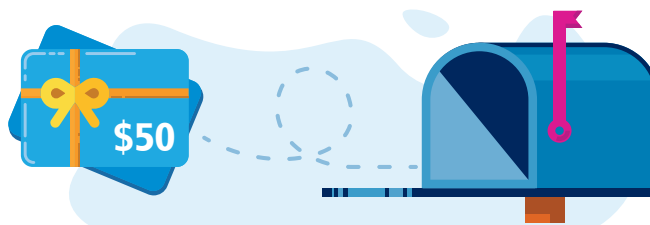
At a screening visit, your child will get a short test. Or you will fill out a survey about your child. It asks questions about how your child speaks, moves, thinks, and shows their feelings. This test helps to find out if your child needs more support. If it is needed, the extra support will help your child be as healthy as they can be.



Get a \$50 gift card for your child's first developmental screening

A child usually gets their first developmental screening at 9 months. You can get a \$50 gift card after you bring your child to their first developmental checkup. SFHP will mail your gift card after you complete the visit.

Learn more at sfhp.org/rewards.



SOURCES



CDC: Child development




CDC: Infants (0-1 years)



Vaccines from Birth to 12 Months

It is important to take your child to get routine checkups and vaccines. Vaccines keep your baby healthy and prevent diseases. Talk with your PCP about the number of doses your child needs for each vaccine.

If your child misses a vaccine, they don't have to start over. Call your PCP right away to schedule a well-child visit or to ask questions.

 Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) for most recent updates.

VACCINE	HELPS PREVENT THIS DISEASE	THIS DISEASE CAN CAUSE
COVID-19	Coronavirus disease 2019	Pneumonia, lung failure, blood clots, bleeding disorder, injury of liver/heart/kidney, long COVID, death
DTaP	Diphtheria, pertussis, & tetanus (whooping cough)	Heart swelling or failure, coma, paralysis (not able to move body), death
Flu	Influenza	Pneumonia, bronchitis (inflamed airways and coughing), sinus infection, ear infection, death
HepA	Hepatitis A	Liver failure, joint pain, disorders in the kidney/pancreas/blood, death
HepB	Hepatitis B	Long-term liver infection or failure, cancer, death
Hib	Haemophilus influenzae type b	Meningitis (infection of the brain and spine), severe breathing problems, pneumonia (infection in the lungs), death
IPV	Polio	Paralysis, death
MMR	Measles, mumps, & rubella	Death of baby in womb, stillbirth, early birth, birth defects
PCV13, PCV15	Pneumococcal disease	Blood infection, meningitis, death
RSV	Respiratory syncytial virus	Cold-like symptoms or must go to the hospital if severe
RV	Rotavirus	Severe diarrhea (loose stool), dehydration (not enough water in the body), death
Varicella	Chickenpox	Infected blisters, blood disorders, brain swelling, pneumonia, death



<div>Newborn</div> <div><div><input type="checkbox"/> HepB</div><div><input type="checkbox"/> RSV</div></div>

*Talk with your PCP about how many doses your child should get.

SOURCES



CDC: Vaccine Schedule for Children 6 Years or Younger

Dental Care for Your Child

Keep your baby's gums clean by gently wiping their gums with a washcloth each day. Baby teeth will start to come in at 4–6 months. Make an appointment for your child's first dental visit as soon as their first tooth comes in or by their first birthday, whichever comes first.

If you are a Medi-Cal member, then your child can get a dentist through Medi-Cal Dental (also called Denti-Cal).



Find a dentist for your child in San Francisco at SF Department of Public Health or call the Women & Children's Health Referral Line at **1(800) 300-9950**. For questions, visit **dental.dhcs.ca.gov** or call **1(800) 322-6384**, TTY **1(800) 735-2922**.

Fluoride varnish prevents baby cavities

Cavities (also known as caries or tooth decay) are the most common long-term disease among kids in the United States. When they are not treated, they can cause pain and infections for your child. It may lead to problems with eating, speaking, playing, and learning.

Fluoride varnish is an easy way to protect against cavities. You can help prevent cavities by bringing your child to the dentist or PCP for fluoride varnish.



What is fluoride varnish?

- A protective coating that is painted on teeth by a dentist or PCP to prevent tooth decay
- Safe, quick, and doesn't hurt
- Can be given at a dentist or PCP's office as soon as the first tooth comes
- Helps even if you are getting fluoride drops, tablets, rinses, toothpaste, or drinking water with fluoride
- Works best when given by your dentist or PCP two or more times each year
- May coat teeth with a slight yellow color for a short time. Brushing the next morning will return teeth to their normal color.



WHAT MEDICAL DENTAL COVERS FOR KIDS:

- Dental exams
(every 6 months)
- X-rays
- Teeth cleaning
(every 6 months)
- Fluoride varnish
(every 6 months)
- Molar sealants
- Fillings
- Root canals
- Tooth removal
- Emergency services
- Outpatient services
- Sedation*
(if medically necessary)

*Sedation and general anesthesia require pre-approval (prior authorization).



Learn more in your SFHP
Member Handbook or talk
with your PCP.



Parent checklist after fluoride varnish

- ☐ It's okay to drink water right after varnish. Water must be room temperature (not hot or cold).
- ☐ After 4–6 hours you may give your child soft foods; cold or warm foods (not hot)
- ☐ Wait to brush and floss teeth at the start of the next day or at least after 4–6 hours. Ask your dentist for more info.
- ☐ Remember that any yellow color will go away after a few days
- ☐ Remind your child to spit when rinsing if they know how to spit

Remember

- Ask your PCP about getting fluoride varnish for your child
- Find a “dental home” for routine visits to the dentist
- Make your child’s first dental visit by age 1
- Brush your baby’s teeth each morning and night with a small dab of fluoride toothpaste
- Avoid sugary snacks, drinks, and juices. Try tap water that has fluoride instead!
- Don’t put your child to sleep with a bottle
- Don’t let your child sip juice, soda, or milk for a long time in a car seat, stroller, or baby playpen
- Cavities can be prevented!



Get a \$50 gift card for your child’s first fluoride varnish visit

All kids aged 12 months (1 year)–47 months (3 years and 11 months) can get fluoride varnish at their dentist or PCP’s office. You can get a \$50 gift card after your child’s first fluoride varnish visit. SFHP will mail your gift card after you complete the visit. Learn more at sfhp.org/rewards.



SOURCES



CDC: Children’s Oral Health



SFDPH: Fluoride Varnish



CDPH: Office of Oral Health



CDC: Pregnancy and Oral Health Feature

Get All the SFHP Rewards!

At San Francisco Health Plan, you can earn gift cards by going to your health visits. See below for a list of health visits where you can earn a gift card if you qualify.

Got it!	Health visit	What do I do to get the reward?	Gift card amount
<input type="checkbox"/>	Prenatal Visit	 Have a prenatal check-up within your 1st trimester or within 42 days of joining SFHP Medi-Cal	 \$50
<input type="checkbox"/>	Postpartum Visit PAGE 8	 Have a postpartum visit within 2–12 weeks after giving birth	 \$50
<input type="checkbox"/>	Well-Child Visits PAGE 22	 Have had 6 or more well-child visits with a PCP in the first 15 months of your child’s life	 \$50
<input type="checkbox"/>	Child Developmental Screening PAGE 23	 Have first child developmental screening for kids aged 0 months to 36 months (3 years)	 \$50
<input type="checkbox"/>	Fluoride Varnish Visit PAGE 27	 Have first fluoride varnish visit for kids aged 12 months (1 year) to 47 months (3 years and 11 months)	 \$50



Please visit sfhp.org/rewards for updates and to learn more about other rewards.

Gift cards cannot be used to buy tobacco, alcohol, or firearms.



SFHP Medi-Cal Benefits

SFHP covers these maternity and newborn care services

- | | | | |
|-----------------------------|------------------------------------|---|-------------------------|
| ■ Banked human milk | ■ Breastfeeding education and aids | ■ Delivery and postpartum care | ■ Health Education |
| ■ Birthing center services | ■ Certified Nurse Midwife (CNM) | ■ Diagnosis of fetal genetic disorders and counseling | ■ Licensed Midwife (LM) |
| ■ Breast pumps and supplies | | ■ Doula care | ■ Newborn care services |
| | | | ■ Prenatal care |

Other relevant covered care

- 24/7 telehealth through sfhp.org/teladoc for non-emergencies
- Behavioral and mental health care through Caredon Behavioral Health
- Community health workers
- Community Supports
- Enhanced Care Management
- Non-Emergency Medical Transportation (NEMT)
- Non-Medical Transportation (NMT)

Contact

Learn more about your SFHP benefits in your SFHP Member Handbook or at [sfhp.org](https://www.sfhp.org). Or call SFHP Customer Service:

- Phone: **1(800) 288-5555** (toll-free)
or **1(415) 547-7800** (local)
- Fax: **1(415) 547-7825**
- TTY Customer Service:
1(888) 883-7347

Important resources

- SFHP 24/7 Nurse Help Line:
1(877) 977-3397
- 24/7 Telehealth (Teladoc®):
1(800) 835-2362
- SFHP Care Management Intake Line:
1(415) 615-4515
- Medi-Cal Rx coverage:
1(800) 977-2273
- Medi-Cal Dental (Denti-Cal):
1(800) 322-6384 or
TTY **1(800) 735-2922**
- (VSP) Vision care: **1(800) 438-4560**

Sources

This book is adapted from the following trusted medical sources as well as Healthwise™, a patient education platform accredited by the National Committee for Quality Assurance.

SOURCES



SFHP Medi-Cal



SFHP Healthy Workers HMO



SFHP Health & Wellness






Need a ride to your doctor’s visit?

Getting to your doctor’s visit is important for your health. San Francisco Health Plan can help you get a ride—so you can arrive safely and on time.

SFHP helps you visit your doctor, get care, or pick up your medicines. SFHP members can get this service at no cost.

 To learn more, please contact us at **1(800) 288-5555** or visit **sfhp.org**.



**San Francisco
Health PlanSM**