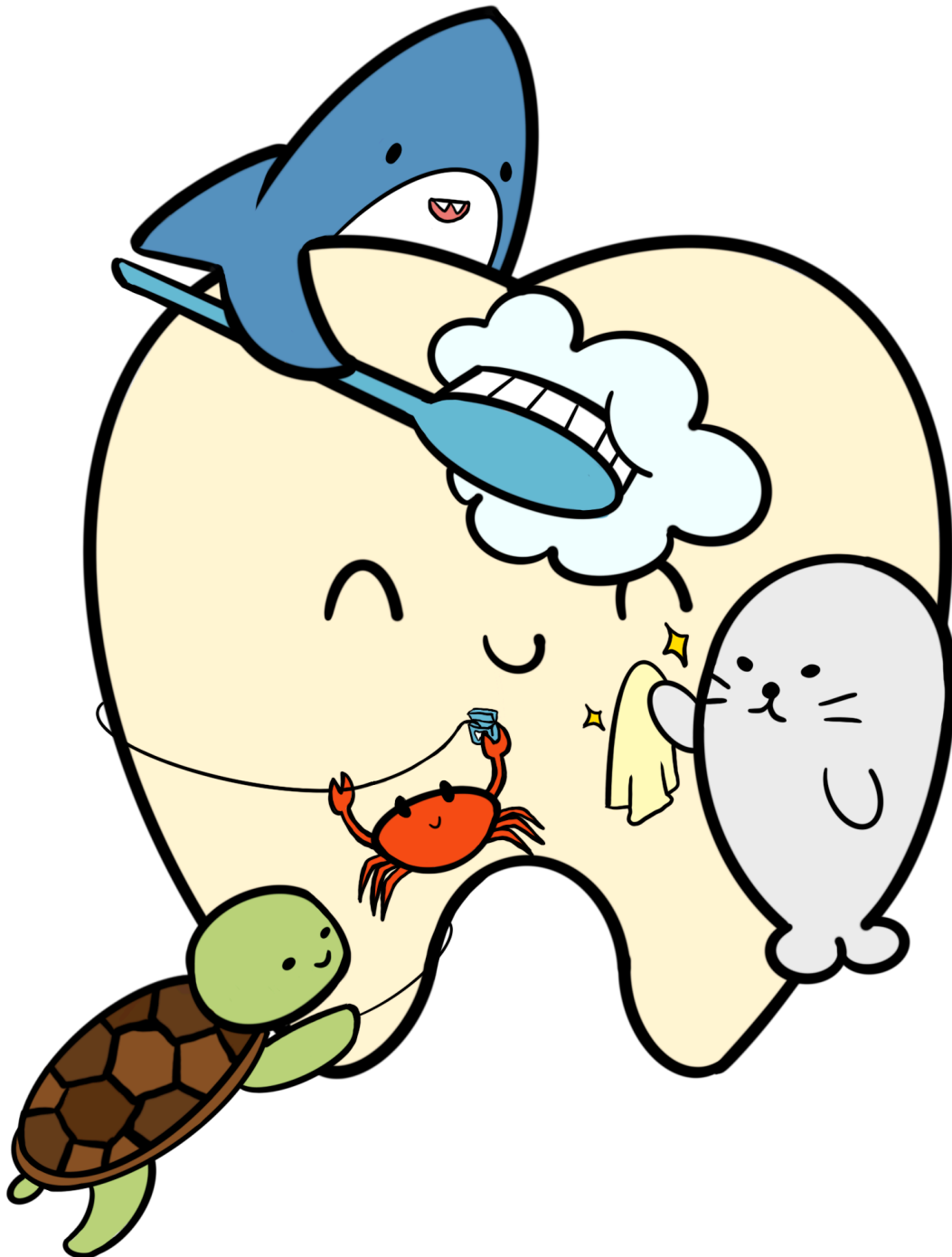


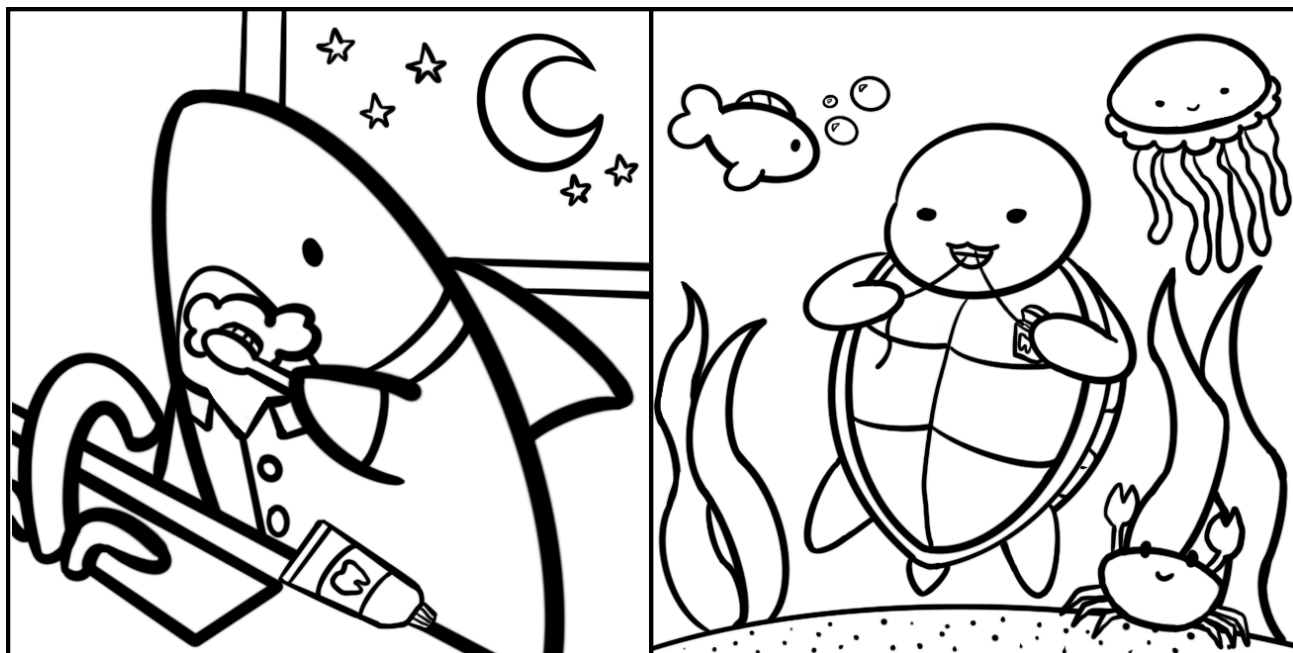
# Healthy Smiles for your Keiki!



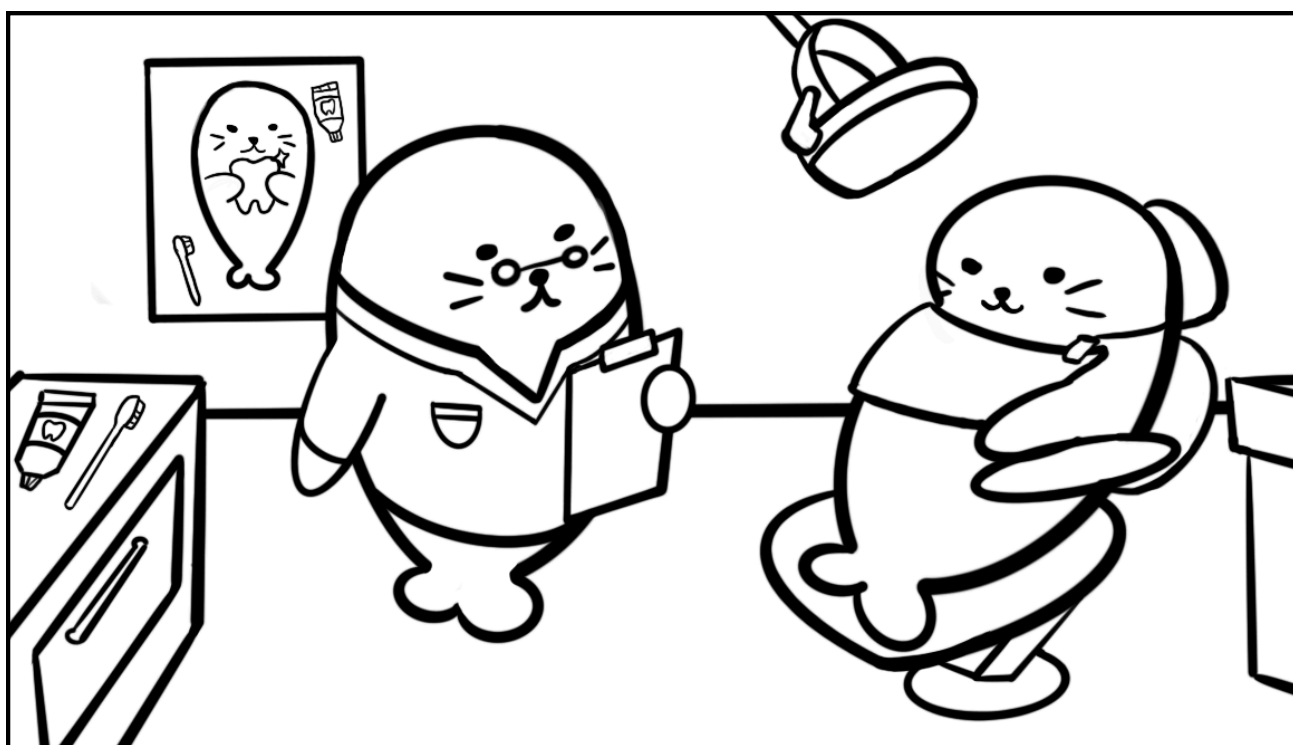
# Let's Take Care of My Teeth!

Let's brush twice a day,

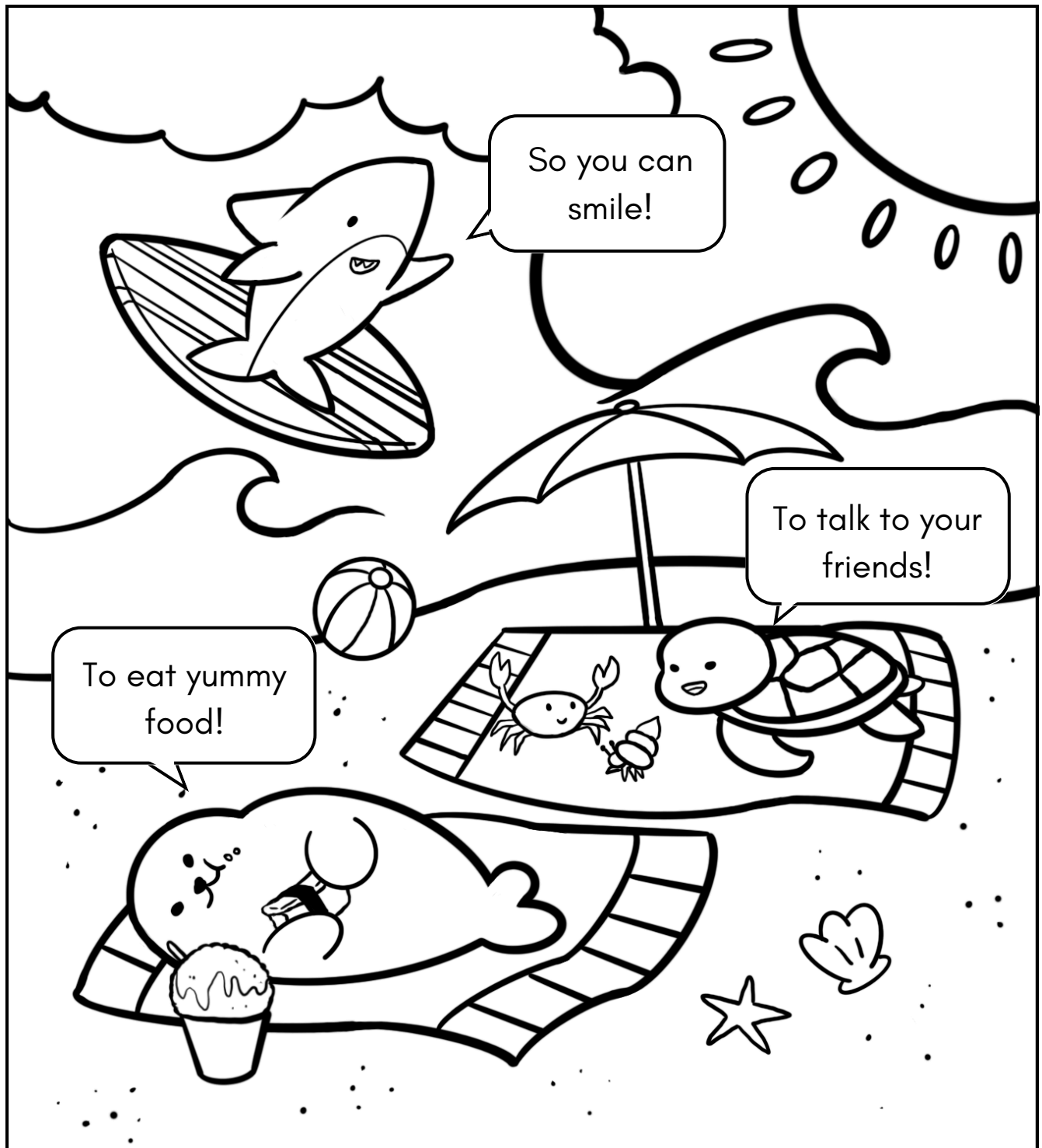
floss once a day,



and see the dentist twice a year!



# Why Should I Take Care of My Teeth?



# Frequently Asked Questions About Dental Care

**Q: Do Medicaid (also known as Med-QUEST) benefits include comprehensive dental care?**

A: YES, Medicaid offers comprehensive dental care for children and adults!

**Q: What is comprehensive dental care?**

A: Comprehensive dental care includes preventative (cleanings), diagnostic (check-ups), and treatment services (fillings, caps, etc.). When enrolled in Medicaid, children and adults have dental benefit coverage. The coverage includes a range of comprehensive dental care services.

**Q: Is there an out-of-pocket payment?**

A: There is no out-of-pocket payment for basic dental checkups. This includes x-rays, cleanings, fillings, and more. Dentists may offer you other optional services that have out-of-pocket costs. Dentists will discuss these options with you in advance. Talk to your dentist about your choices. Most community health centers have discount programs to help reduce costs for low-income families.

**Q: My child has no pain now. Should I still take my child to a check-up?**

A: Yes, a check-up is important to stop minor problems from turning into big problems later. Most small cavities do not cause pain, but can turn into painful infections. Cavities in baby teeth can grow faster than in adult teeth, so take your child for check-ups every six months. This also helps you and your child grow comfortable and be happy when visiting a dentist.

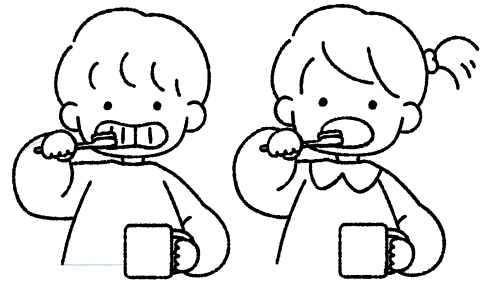
# Let's Care for Our Teeth!



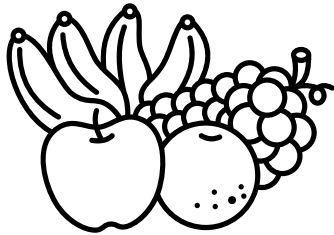
Do NOT share toothbrushes or toothpaste



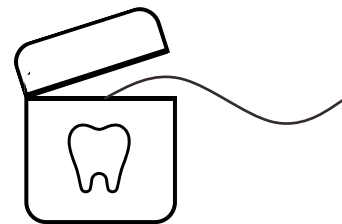
Brush your teeth twice a day with fluoride toothpaste



Try to eat/drink less sugar, eat healthy foods, and snack less



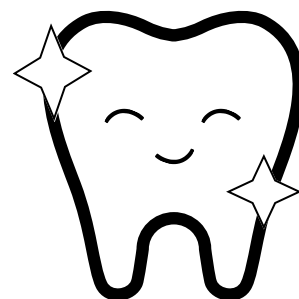
Clean between teeth with floss or floss picks



Do not vape or use tobacco products. If you currently use tobacco, consider quitting



See a dentist for regular check-ups and professional cleanings





# Community Dental Services



## Need help finding a dentist?

If you have Medicaid coverage:

Call **HDS Medicaid/CCMC** for help finding a dentist that accepts  
Medicaid/Med-QUEST

Phone: 808-792-1070

Phone toll-free: 1-888-792-1070

## Hawai'i

### **Hawai'i Island Community Health Center**

*(Formerly Bay Clinic & West Hawaii Community Health Center)*

#### West Side

Waikoloa, Kealahou, Kailua-Kona,  
and Kealahou

Various different addresses

(808) 333-3600

#### East Side

Hilo, Keaau, Ka'u, Pāhoa

Various different addresses

(808) 333-3600

### **Hāmākua-Kohala Health**

Waimea Clinic / Kohala Clinic

65-1190 Mamalahoa Hwy. / 53-3925 Akoni Pule Hwy.

(808) 930-2707 / (808) 889-6236

## Kaua'i

### **Kaua'i Community Health Center/Ho'ola Lahui Hawai'i**

Kapa'a Clinic / Waimea Clinic

4800D Kawaihau Rd. / 4643B Waimea Canyon Rd.

(808) 240-0180 / (808) 240-0150

## Lanai

### **Lanai Community Health Center**

333 Sixth St.

(808) 565-6919

## Molokai

### **Molokai Community Health Center**

30 Oki Pl.

(808) 553-4511

## Oahu

### **Adventist Health Castle**

55-510 Kamehameha Hwy. Suite 21  
(808) 263-5017

### **Kahuku Medical Center**

56-117 Pualalela St.  
(808) 380-3839

### **Kalihi-Palama Health Center**

*Multiple Locations Listed Below*

Main Center

915 North King St.  
(808) 845-0686

Downtown Center

89 South King St.  
(808) 792-5576

Family Dental

710 North King St.  
(808) 843-7502

Pediatric Clinic

710 North King St.  
(808) 843-7520

### **Ko'olauloa Valley Health Center**

2229 North School St.  
(808) 791-9428

### **Ko'olauloa Health Center**

56-119 Pualalea St.  
(808) 293-9231

### **Waianae Coast Comprehensive Health Center**

86-260 Farrington Hwy.  
(808) 697-3496

### **Waikiki Health Center**

935 Makahiki Way  
(808) 922-4787

### **Waimanalo Health Center**

Waimanalo Clinic / Kaneohe Clinic  
41-1347 Kal. Hwy. / 45-600 Kam. Hwy.  
(808) 259-5466

## Maui

### **Malama I Ke Ola Health Center**

1881 Nani St.  
(808) 871-7772

### **Hana Health**

4590 Hana Hwy.  
(808) 248-8294

### **Hui No Ke Ola Pono**

95 Mahalani St., Rm. #21  
(808) 244-8521

## Brought to you in partnership by



The Executive Office of Early Learning's mission works to establish a system that ensures a solid foundation of early childhood development and learning for Hawaii's young children, meaningful engagement and support for their families, and a stable, competent, and supported early childhood workforce.



The HDS Foundation's mission is to improve oral health in Hawaii by supporting and building relationships in the community. For keiki specifically, we provide oral health kits, encourage parents to bring their children to the dentist before age one, and bring dental screenings and sealants to Hawaii public schools.