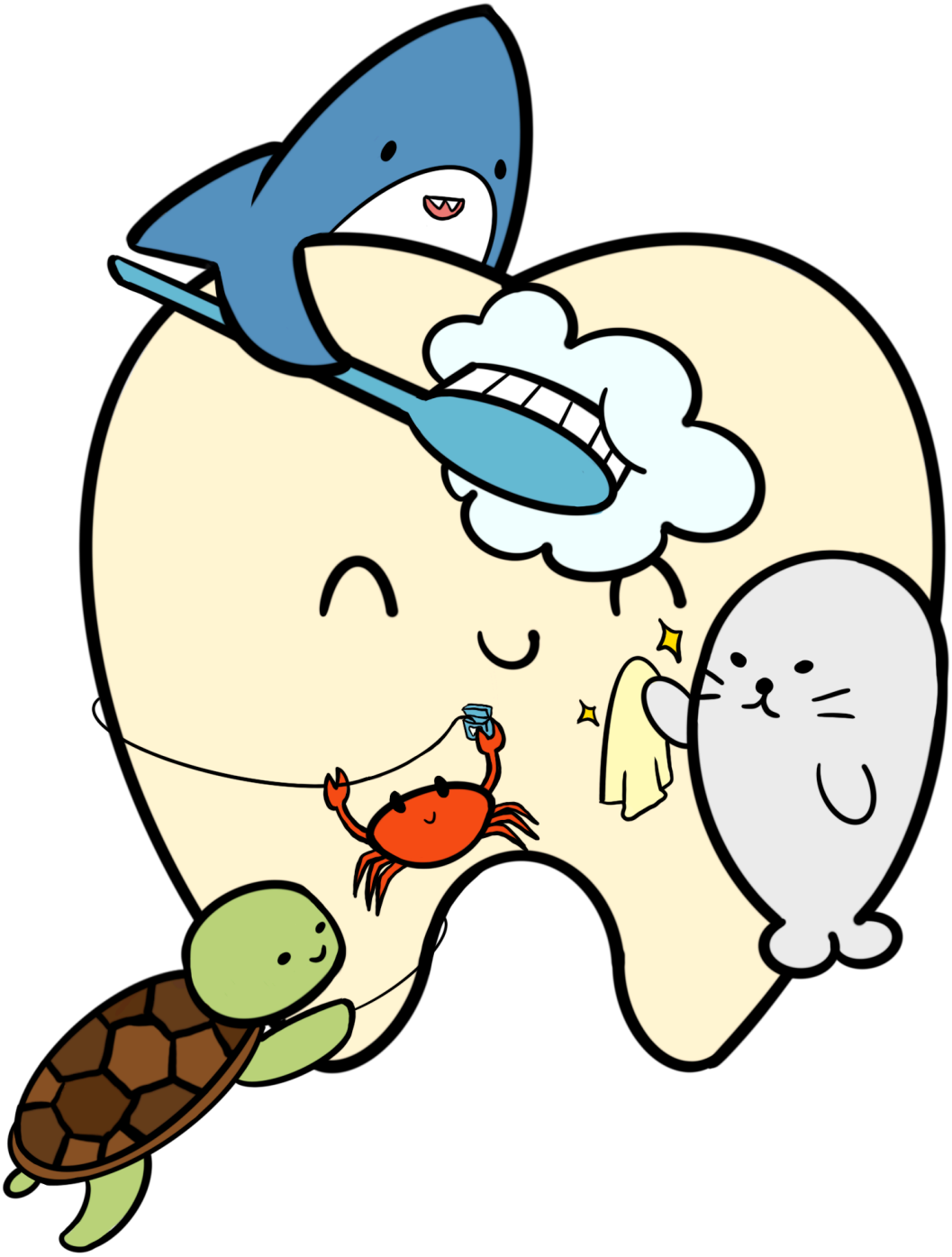
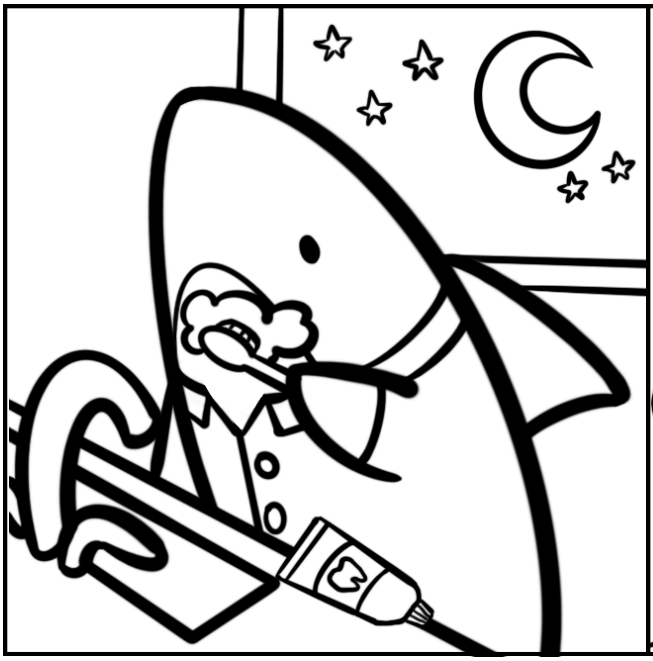
Healthy Smiles for your Keiki!

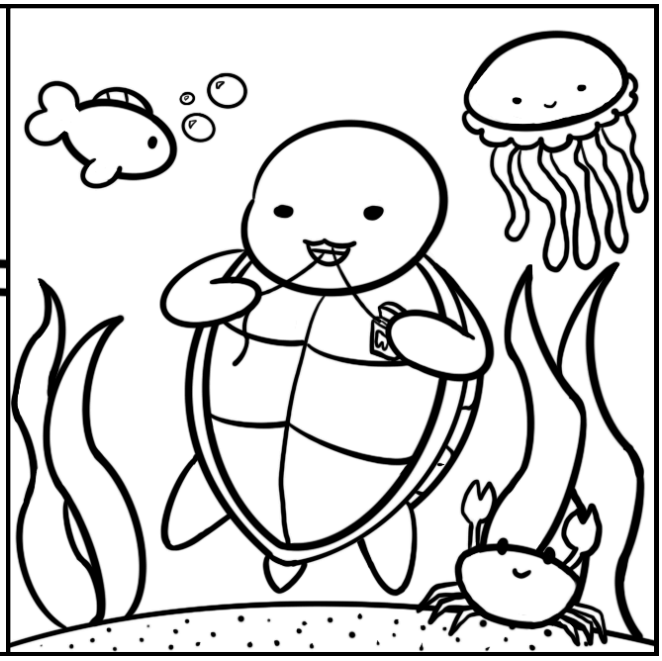


Let’s Take Care of My Teeth!

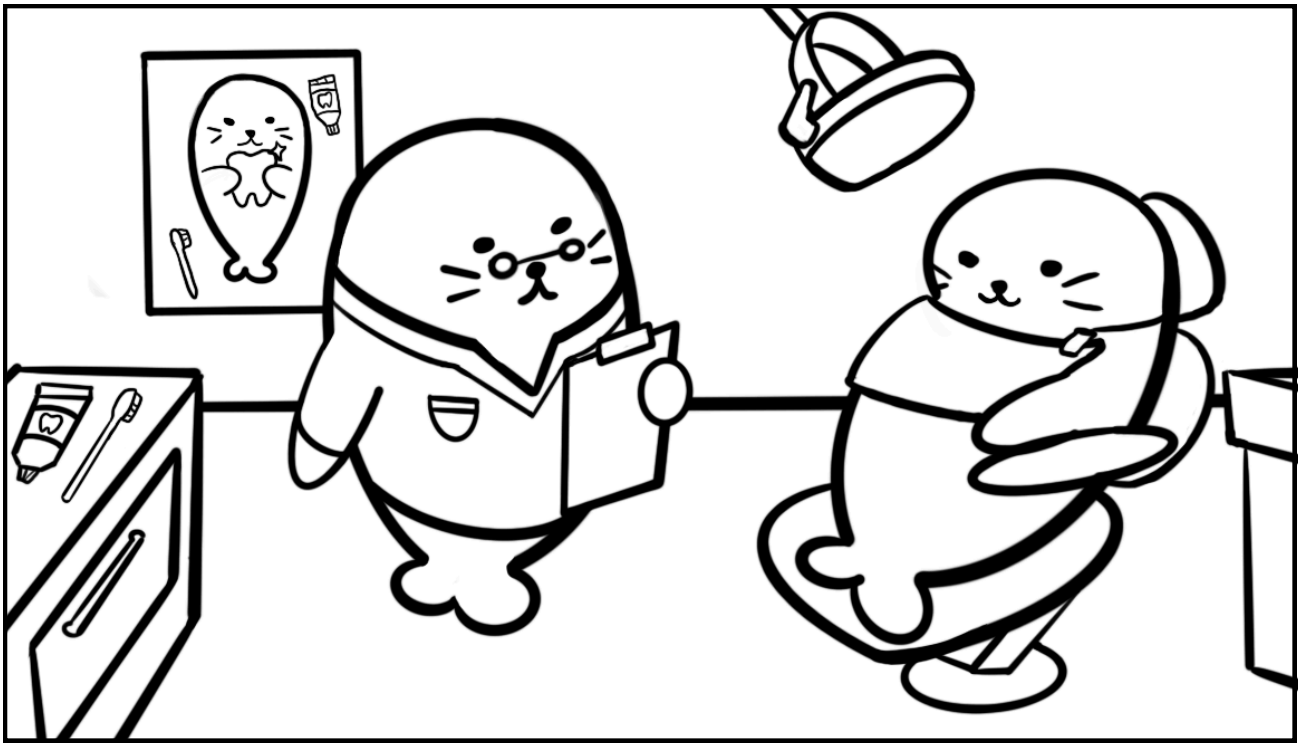
Let’s brush twice a day,



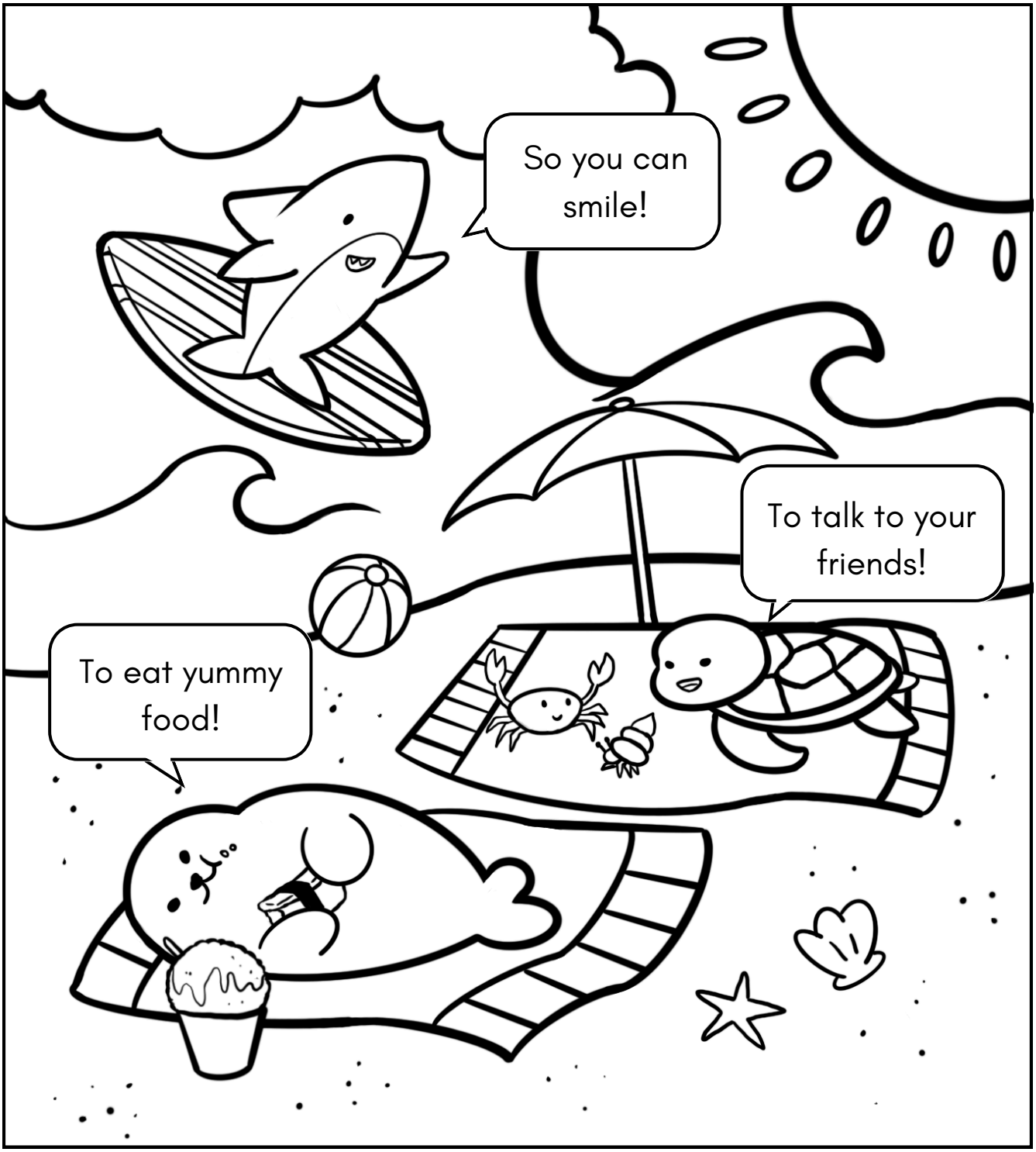
floss once a day,



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.

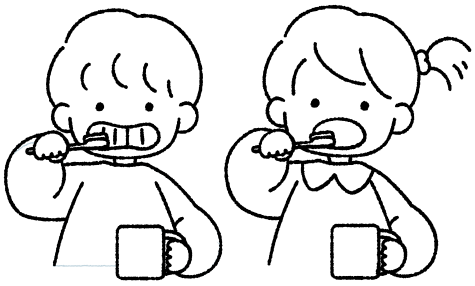
Q: *My child has no pain now. Should I still take my child to a check-up?*

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.

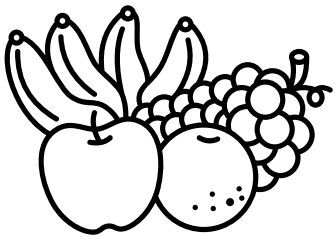
Let's Care for Our Teeth!

1 Do NOT share toothbrushes or toothpaste

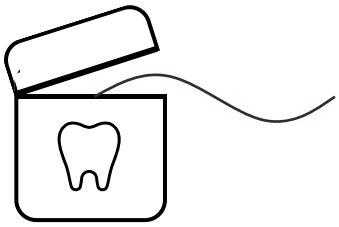
2 Brush your teeth twice a day with fluoride toothpaste



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



4 Clean between teeth with floss or floss picks



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

6 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, Kealakehe, Kailua-Kona, and Kealakekua

Various different addresses

(808) 333-3600

East Side

Hilo, Keaau, Ka'ū, 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

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

Kokua Kalihi 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.