



**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.



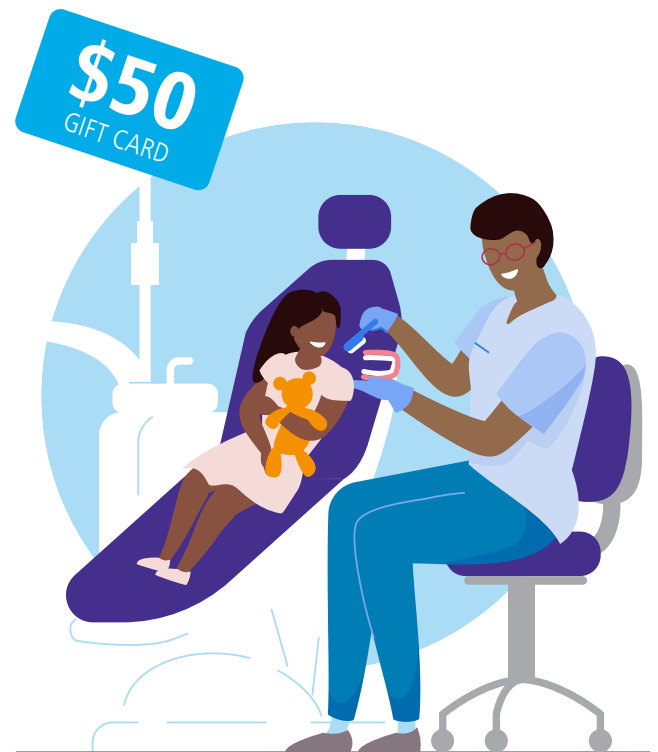
## Bring your child to the dentist or PCP for fluoride treatment and get \$50!

All kids aged 12 months (1 year) to 47 months (3 years and 11 months) can get fluoride varnish at their dentist or primary care provider\* (PCP). **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.

You must have your health visit by the end of the year to get the gift card. The gift card will be mailed to you 8 weeks after your visit. If you have moved recently, please call SFHP Customer Service to update your address to make sure you get your reward. If you have yet to get your gift card after 8 weeks, please call SFHP Customer Service.

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(800) 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).



*\*Your child's primary care provider is the doctor, physician assistant, or nurse practitioner in charge of their health care.*

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 or primary care provider\* (PCP) to prevent tooth decay

Safe, quick, and doesn't hurt

Talk with your dentist or PCP about fluoride varnish when your child's first tooth shows

*\*Your child's primary care provider is the doctor, physician assistant, or nurse practitioner in charge of their health care.*

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 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](https://sfhp.org/health-ed).



Sources:



**Oral Health Tips  
for Children**



**SFHP Dental Services**



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