



MedStar Family Choice

DISTRICT OF COLUMBIA



Know the Facts.
Get Informed.
Be Empowered!

Your Healthy Smile

Healthy Smile Tips

- Brush your teeth twice a day with a fluoride toothpaste.
- Change your toothbrush every 3 months.
- Clean between your teeth daily by flossing.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist every 6 months for prevention and treatment of oral disease

Eat a healthy diet that limits sugary beverages and snacks:

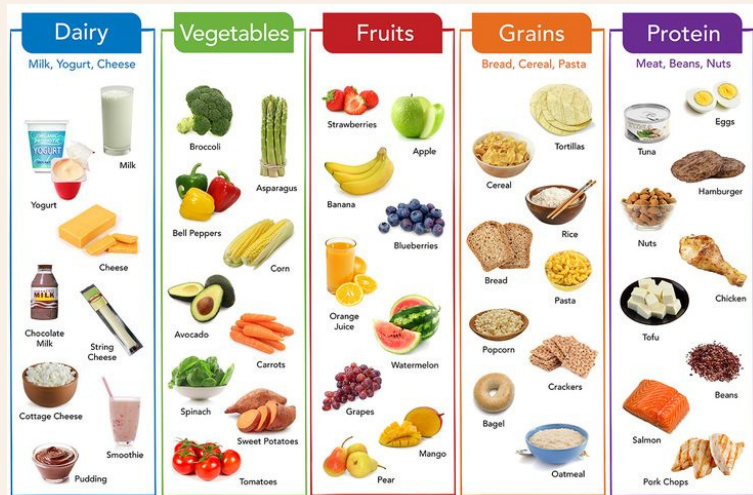
Consuming too much sugar may cause cavities and tooth decay.



Visit a Dentist

It is very important to visit your dentist regularly your whole life. Seeing a dentist regularly is important for good oral health. Dentists can detect small problems before they become bigger and more painful. You could have oral health problems you don't know about like cavities or gum disease.

For more details on how to brush and floss:



To find a **Dentist** or schedule a dental appointment, please call **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes please visit the MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs website: <https://www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs>.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

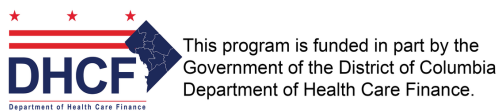
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

የእንግሊዝኛ ቋንቋ መናገርና ማንበብ የማይችሉ ከሆነ ከጊዜ 8:00 ሰዓት እስከ ቀኑ 5:30 ባለው ጊዜ በስልክ ቁጥር 888-404-3549 በመደወል እርዳታ ማግኘት ይቻላል።

‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.