SAN MATEO COUNTY HEALTH
FAMILY HEALTH SERVICES

Access Dental Care in San Mateo County!

Dental Coverage for Medi-Cal members is offered by two providers: HPSM Dental or Medi-Cal Dental.

Health Plan of San Mateo Dental (HPSM Dental)

With HPSM Dental, HPSM takes care of your dental benefits locally.

Bring your HPSM ID and Medi-Cal BIC card to your dental visits, and let the office staff know you have ***HPSM Dental insurance***.

Locate a Dentist in Your Network

650-616-1522

dental@hpsm.org

Medi-Cal Dental, Fee for Service (FFS)

Some Medi-Cal members receive dental care coverage through Medi-Cal Dental Fee for Service, also known as Smile, California.

Tell the office staff you have ***Medi-Cal Dental insurance.*** **Use your BIC card.**

Locate a Dentist in Your Network

1-800-322-6384

smilecalifornia.org/find-a-dentist/

Enroll in Affordable Health Coverage Today

San Mateo County Health Coverage Unit (HCU)

San Mateo County's Health Coverage Unit (HCU) helps people sign up for health insurance programs like Medi-Cal, Covered California and other health county coverage programs. They can tell you what programs you may qualify for, explain how they work and what they might cost, and help you apply.

Apply Here

650-616-2002

info-hcu@smcgov.org

Funded by the CDPH under Contract 22-10196

Connect with SMC Oral Public Health Program
Email: SMCOralHealth@smcgov.org





SAN MATEO COUNTY HEALTH
FAMILY HEALTH SERVICES

Healthy Mouth and Happy Smiles

Start your child's oral health routine today!

Brush for 2 minutes, twice a day

Brush your teeth with fluoride toothpaste and floss once daily. Adults should help children until they reach about 8 years old.

Visit the dentist twice a year

Go before it hurts and catch problems early.
Prevent tooth decay before it starts!

Baby teeth are important

Healthy baby teeth help kids eat, speak, smile, and hold space for adult teeth to grow in properly.

No to sugary foods, juice & drinks

Too much added sugar from sweet drinks, juice and foods causes cavities. Give kids water instead to keep smiles strong, and limit sugary food and drinks!

Pro Tip

Drink Clean Fluoridated Tap Water!

Fluoride protects our teeth, makes them stronger, and helps prevent cavities from forming.

1st
First Tooth
First Birthday
First Dental Visit

A child's first dental visit should be around their 1st birthday - or better yet, by their first tooth.

Early dental visits help your child become comfortable with the dentist.

Your dental professional will show you how to clean the child's teeth properly and how to handle habits like thumb-sucking.

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