Having healthy teeth can prevent bad breath, tooth decay, and gum disease. Some simple (and important) things you can do to keep your teeth healthy include:

- Brush your teeth with fluoride toothpaste twice per day
- Floss daily
- Drink water instead of soda or other sugary drinks
- Eat fewer sweets, like candy

You should also get a dental exam every 6 months. Call and make your dentist appointment today. Taking action now will help you avoid major problems in the future. If you do not have a dentist, call Denti-Cal at 1-800-322-6384 to find one nearby. Regular dental exams can:

- Find problems with your teeth and gums before they become painful or costly to treat
- Prevent some problems from happening in the first place
- Help you learn how to brush and floss correctly

For these reasons, it is important to see your dentist twice a year, even if you have no obvious problems or if you no longer have your natural teeth. Children should get dental exams starting at age 1. To learn more about how to keep your teeth healthy, call the Health Education Request Line at 1-800-421-2560, ext. 3126.
Interpreter Services

We want you to be able to talk and feel comfortable with your doctor. If your doctor does not speak your language, an interpreter can help. CenCal Health provides interpreter services over the phone or in person, at no cost to you.

Over the Phone

Interpreter services over the phone are available to you 24/7. Your doctor can help you get an interpreter on the phone for your appointment. When you arrive for your appointment, tell the office staff that you need an interpreter, and they will connect one for you.

Face-to-Face

Face-to-face interpreters are available to members on weekdays from 8 a.m. to 5 p.m. You do not need to provide your own interpreter or use a family member to interpret. Children should never be asked to interpret. Please call Member Services at least 2 days before your appointment to request a face-to-face interpreter.
Protect Your Child from HPV

As parents, you do everything you can to protect your child’s health. Today, there is a way to protect your child from several types of cancer: the HPV vaccine.

The human papillomavirus (HPV) is a common virus. For both males and females, it can cause mouth, throat, and anal cancer. In females, it can cause cancers of the cervix, vulva, and vagina. In males, it can cause cancer of the penis. Many of these cancers can be prevented with vaccination. When kids get the HPV vaccine, it can protect them from getting HPV-related cancers in the future.

It is important that boys and girls get vaccinated on time. Boys and girls ages 11 to 12 need to get the HPV vaccine series. Schedule your child’s HPV vaccine appointment today.

Growing Up Healthy

Parents know where to go when their child is sick. But regular pediatrician visits are just as important for healthy children.

Does your child see the doctor when he or she is healthy? This visit is called a well-child visit. Your child should have a well-child visit every year. The benefits of well-child visits include:

- **Preventing illness.** Your child gets immunizations to prevent illness. You can also ask your pediatrician about nutrition and safety for home and school.

- **Tracking growth and development.** Talk with your doctor about your child’s development. You can discuss issues such as behaviors and learning.

- **Raising concerns.** Make a list of topics you want to talk about with your child’s doctor about, such as development, behavior, sleep, eating, or getting along with other family members.

Schedule your child’s well visit today. Need help? Call Member Services at **1-877-814-1861**.


**Didn’t get the HPV vaccine when you were younger?**

Women can get the HPV vaccine until age 26, and men until age 21. Get caught up today!
HIV is a sexually transmitted disease (STD). HIV stands for human immunodeficiency virus, which can lead to AIDS, or acquired immune deficiency syndrome. When you have HIV, it does not necessarily mean you have AIDS.

New medications help people with HIV and AIDS live longer and better lives. People with HIV can stay healthy for many years with proper treatment. When a person has AIDS, his or her body is weakened so that it can no longer fight diseases.

There is no cure for HIV. People who take drugs for HIV can still spread the disease.

Who Gets HIV?
Anyone can get HIV. That’s why it is so important to practice safe sex, and to get tested. Some people do not develop any symptoms when they first become infected with HIV. Others get sick a month or 2 after getting HIV. Men and women, ages 15 to 65, and pregnant women should get an HIV test. Screening for STDs can find problems early. That way, it is easier for you and your doctor to treat them.

Be Safe
You can protect yourself and others. To prevent the spread of HIV:
- Use latex condoms every time you have sex. Condoms also help prevent the spread of other STDs.
- Use plastic wrap or dental dams to help prevent spread of HIV during oral sex.
- Have sober sex. Drugs and alcohol increase the chance that you will have unsafe sex.
- Use clean needles. If you use drugs that you inject, use a new, clean needle every time. Do not share needles with others.

For a list of free HIV screening locations, visit www.cencalhealth.org. Click “HIV and Aids” in the Health & Wellness tab. Or call the Health Education Request Line at 1-800-421-2560, ext. 3126.