



Making members shine,
one smile at a time™

www.libertydentalplan.com/FLMedicaid

KidCare

LIBERTY cares about more than just teeth!

health tip: Child's 1st Year Care



Even before baby teeth appear, infants need proper care and fluoride supplements to help developing teeth grow strong and avoid future tooth decay.

clean



Parents - clean your infant's mouth and gums regularly with water and a soft infant toothbrush or cloth.

checkup



Your infant's first dental checkup should be before he or she reaches one year old. This early dental visit can actually help your child be more comfortable at future visits and save you money.

FACT: A study in the Journal of Pediatrics showed that children who have their first visit before age one have 40% lower dental costs in their first five years than children who do not, due to the increased cost of dental and medical procedures that may be necessary as a result of early poor oral health.

brush



Baby teeth should be brushed at least **two minutes/twice a day** with an age-appropriate sized toothbrush.

IMPORTANT: Use only a small amount of fluoridated toothpaste the size of a pea.

Check 2min2x.org for more children's oral health information

prevent



1 in 4 elementary school children have tooth decay. Talk to your dentist about how you can help prevent cavities. **Tooth decay is the most common and yet preventable disease in children.**

American Academy of Pediatric Dentistry
www.aapd.org

fluids



Parents - encourage your infant to drink from a cup as they approach their first birthday. Infants should be weaned off a bottle by 12-14 months of age.

VERY IMPORTANT TIP: If you give your child a bottle at bedtime, only give water - no milk, formula, juice or sweet drinks because these fluids (even those that don't seem sweet) can cause widespread and serious tooth decay.

fluoride



Infants older than six months may need fluoride supplements if their drinking water does not contain enough fluoride.

FACT: Fluoride supplementation for infants has been shown to reduce tooth decay by as much as 50%.

This information is available for free in other languages. Please contact our customer service number at 1-833-276-0850 or TTY 1-877-855-8039 Monday through Friday from 8:00 a.m. to 8:00 p.m. (ET).

Esta información está disponible de forma gratuita en otros idiomas. Comuníquese con nuestro número de servicio al cliente al 1-833-276-0850 o TTY 1-877-855-8039, de lunes a viernes, de 8:00 a. m. a 8:00 p. m. (hora del este – ET).

Ransèyman sa a disponib gratis nan lòt lang. Kominike tanpri avèk sèvis kliyanèl la, swa nan 1-833-276-0850 oswa nan TTY 1-877-855-8039, lendi pou vandredi ant 8:00 a.m. a 8:00 p.m. (ET).

Queste informazioni sono disponibili gratuitamente anche in altre lingue. Contattare il nostro servizio clienti al 1-833-276-0850 o via TTY al 1-877-855-8039, dal lunedì al venerdì dalle 8:00 alle 20:00 (ET).

La présente information est disponible gratuitement dans d'autres langues. Veuillez prendre contact avec notre service à la clientèle au 1-833-276-0850 ou par TTY au 1-877-855-8039, du lundi au vendredi, de 8 heures à 20 heures (L'heure de l'Est - HE).

Вы можете получить данную информацию бесплатно на других языках. Для этого свяжитесь с нашим отделом по работе с клиентами по телефону 1-833-276-0850 или по телефону линии TTY 1-877-855-8039 с понедельника по пятницу с 8:00 часов утра до 8:00 часов вечера по восточному времени (ET).



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Discrimination is against the law. LIBERTY Dental Plan (LIBERTY) complies with all applicable Federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin, age, disability, or sex.

LIBERTY provides free aids and services to people with disabilities, and free language services to people whose primary language is not English, such as:

- Qualified interpreters, including sign language interpreters
- Written information in other languages and formats, including large print, audio, accessible electronic formats, etc.

If you need these services, please contact us at **1.833.276.0850** or **TTY 1.877.855.8039**.

If you believe LIBERTY has failed to provide these services or has discriminated on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with LIBERTY's Civil Rights Coordinator:

Phone: 888.704.9833
TTY: 800.735.2929
Fax: 888.273.2718
Email: compliance@libertydentalplan.com
Online: <https://www.libertydentalplan.com/About-LIBERTY-Dental/Compliance/Contact-Compliance.aspx>

If you need help filing a grievance, LIBERTY's Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1.800.368.1019, 800.537.7697 (TDD)
Online at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call (833) 276-0850 (TTY: (877) 855-8039). (English)

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم (833) 276-0850 (رقم هاتف الصم والبكم: (877) 855-8039). (Arabic)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (833) 276-0850 (TTY: (877) 855-8039). (French Creole)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (833) 276-0850 (TTY: (877) 855-8039).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (833) 276-0850 (TTY: (877) 855-8039)。 (Chinese)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (833) 276-0850 (TTY: (877) 855-8039). (French)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: (833) 276-0850 (TTY: (877) 855-8039). (German)

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો (833) 276-0850 (TTY: (877) 855-8039). (Gujarati)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (833) 276-0850 (TTY: (877) 855-8039). (Italian)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (833) 276-0850 (TTY: (877) 855-8039)번으로 전화해 주십시오..(Korean)

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (833) 276-0850 (TTY: (877) 855-8039). (Polish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para (833) 276-0850 (TTY: (877) 855-8039). (Portuguese)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (833) 276-0850 (TTY: (877) 855-8039). (Russian)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (833) 276-0850 (TTY: (877) 855-8039). (Spanish)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa (833) 276-0850 (TTY: (877) 855-8039). (Tagalog)

เรียน: หากคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร (833) 276-0850 (TTY: (877) 855-8039). (Thai)