



## Dental Care

Our goal is to provide the highest quality lifetime dental care in a professional, caring, and comfortable environment.

We are confident that our services and friendly staff will exceed your expectations and make you feel right at home.

We offer comprehensive oral care for pediatric and adult patients. Our goal is to ensure that our patients pursue healthy choices to maintain both oral and overall health.

Call (916) 454-2345 to make a dental appointment.



## How to Maintain a Healthy Smile

- A healthy smile starts and continues with healthy habits of brushing your teeth twice a day, flossing every day, and limiting or avoiding foods that can damage your enamel.
- Avoid chewing ice, popcorn, and hard candy to prevent cracking a tooth.
- Avoid smoking, candy, and sugary beverages. These things can increase the risk of tooth decay and cause other health problems if not limited or avoided.
- Chew sugarless gum, drink water with fluoride, and wait to brush your teeth for at least 60 minutes after a meal to prevent weakening of the enamel.
- Wear a mouth guard when participating in sports or recreational activities to protect your teeth and gums.
- Seeing a dentist regularly will allow the dentist to detect problems early on such as gum disease or cavities when they are small and easily treated.



Elica Health Centers is equipped with modern, up-to-date dental technology and equipment.

## Frequently Asked Questions

### Do I have to be an Elica medical patient to receive Dental services?

No. You are not required to be an Elica medical patient in order to receive Dental services from Elica. You can receive your Medical services from a different provider or at a non-Elica clinic and still be able to receive your Dental services at Elica Health Centers.

### How often do I have to see the dentist?

Every person is unique and so is their dental health and the requirements to maintain good oral hygiene. Children should see a dentist by the eruption of their first tooth, or their first birthday. All patients should see a dentist every six months at the minimum. Some patients may need a checkup and cleaning more often depending on the condition of their oral health.

Call (916) 454-2345 today to make a dental appointment.

## Dental Services

### Our dental services include:

- comprehensive exams
- x-rays
- routine exams including oral cancer screenings
- sealants
- fluoride treatment
- cleanings/deep cleanings
- composite fillings
- extractions
- root canals
- crowns
- dentures (full and partial)



## Dental Insurance We're Partners With:

- Denti-Cal
- Liberty Dental
- HealthNet
- Access Dental

## Sliding Fee Discount Program

Elica offers a Sliding Fee Discount Program which can reduce out-of-pocket costs and make our services more affordable for our patients.

Eligibility is determined by household size and annual income.

Please speak with a staff member or call for more information:  
(916) 454-2345.




Phone: (916) 454-2345


After Hours: (916) 454-2345

Emergencies: **911**

**Elica Health Centers - Arden Arcade**  
1750 Wright Street, Ste. A, Sacramento, CA 95825  
Mon - Fri: 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm

 **Elica Health Centers - Cadillac Drive**  
77 Cadillac Drive, Ste. 200, Sacramento, CA 95825  
Mon - Thu: 8:00 am to 6:00 pm


 **Elica Health Centers - Franklin**  
5385 Franklin Blvd, Ste. K, Sacramento, CA 95820  
Mon - Thu: 8:00 am to 6:00 pm


 **Elica Health Centers - Halyard**  
1276 Halyard Drive, West Sacramento, CA 95691  
Mon - Sat: 8:00 am to 6:00 pm

 **Elica Health Centers - Health On Wheels**  
3701 J Street, Ste. 201, Sacramento, CA 95816  
Locations and Hours of Operation: Variable

**Elica Health Centers - Mack Road**  
6339 Mack Road, Sacramento, CA 95823  
Mon - Fri: 9:00 am to 1:00 pm and 2:00 pm to 6:00 pm

**Elica Health Centers - Marysville**  
3234 Marysville Blvd, Sacramento, CA 95815  
Mon - Fri: 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm

 **Elica Health Centers - Midtown**  
3701 J Street, Ste. 201, Sacramento, CA 95816  
Mon - Sat: 8:00 am to 6:00 pm

 **Elica Health Centers - North Highlands**  
4815 Watt Avenue, North Highlands, CA 95660  
Mon - Sat: 8:00 am to 6:00 pm

**Elica Health Centers - V Street**  
923 V Street, Sacramento, CA 95818  
Mon - Thu: 8:00 am to 6:00 pm

**Elica Health Centers - 15<sup>th</sup> Street**  
155 15<sup>th</sup> Street, Ste. A, West Sacramento, CA 95691  
Mon - Thu: 8:00 am to 6:00 pm



## DENTAL SERVICES



CALL TO MAKE AN APPOINTMENT:

**(916) 454-2345**

[www.elicahealth.org](http://www.elicahealth.org)