

## Fanya Mazoezi ya Msingi ya Afya ya Kinywa

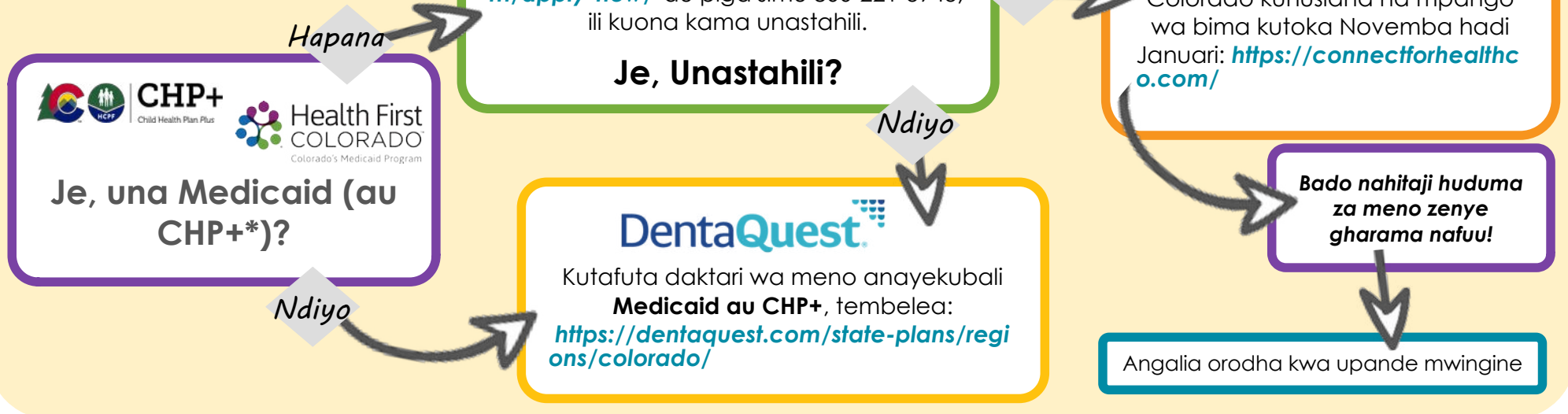
Ni muhimu kutunza afya ya mdomo wako, kulinda kinywa na mwili wako. Inapendekezwa kila mtu apate uchunguzi wa kwanza wa meno anapo timia mwaka moja.

- Kunywa maji mengi husaidia mate kusafisha sukari kutoka kwenye meno yako. Kinywa kavu kinaweza kusababisha vidonda na kuoza.

- Kuosha meno mara mbili kwa siku nadawa ya meno yenye fluoride na kusafisha kati ya meno mara moja kwa siku.
- Kubadilisha mswaki kila miezi mitatu au mapemaikiwa nywele zinaonekana kuchakaa kutahakikisha usafi mzuri.
- Kula vyakula vyenye gundi au vitamu, hasa kati ya milo, husababisha kuoza kwa meno
- Kunywa vinywaji vyenye sukari na asidi pia huchangia kuoza kwa meno
- Kushiriki mswaki wako maana yake ni kushiriki bakteria

- Wasidie watoto wadogo kuosha na kusafisha kati ya meno mpaka waweze kufanya hivyo wenyewe.
- Kula lishe bora, ikiwa na matunda na mboga nyingi, husaidia kuweka meno na fizi zikiwa na afya
- Iwapo unavaa protezi za meno, kuziondoa na kuzisafisha kila siku husaidia kuweka fizi zikiwa na afya.
- Bidhaa zote za tumbaku huongeza hatari ya kuoza kwa jino na hata saratani ya mdomo. (Ikiwa unataka msaada wa kuacha, tembelea <https://coquitline.org>)

## Unatafuta Bima ya Afya ya Kinywa? Anza Hapa:



Clinics							
(Clinic Name) Jina la Kliniki	(Locations) Maeneo	Phone( SIMU)	(Website) Tovuti	Watoto	Mtu mzima	Utalamu( uwezo) /Programu	Taarifa za Malipo/Bima
Inner City Health	Denver, Wheat Ridge	303-296-4873	<a href="http://www.innercityhealth.org">www.innercityhealth.org</a>	x	x	Sio lazima kuwa mgonjwa aliyeanzisha, tunapokea wagonjwa wapya pia	(Medicaid, CHP+, Medicare (Delta Dental PPO plan Income-based sliding fee for uninsured). Medicaid, CHF+, Medicare (Mpango wa Delta Dental FFO Ada ya kuteleza ina yotegemea mapato kwa wasio na bima
Salud Family Health Center	Brighton, Commerce City	303-697-2583	<a href="http://www.saludclinic.org/dental">www.saludclinic.org/dental</a>	x	x	Sio lazima kuwa mgonjwa aliyeanzisha, tunapokea wagonjwa wapya pia	Medicaid, CHP+, Medicare, CO Senior Dental Program, Delta Dental Income-based sliding fee for uninsured). Medicaid, CHF+, Medicare, CO Senior Dental Program, Delta Dental Ada ya kuteleza ina yotegemea mapato kwa wasio na bima
Tepeyac Community Health Center	Denver – dental inside	303-458-5302	<a href="http://www.tepeyachealth.org">www.tepeyachealth.org</a>	x	x	Sio lazima kuwa mgonjwa aliyeanzisha, tunapokea wagonjwa wapya pia	(Medicaid, CHP+, Medicare Income-based sliding fee for uninsured). Medicaid, CHF+, Medicare, ada ya kuteleza ina yotegemea mapato kwa wasio na bima
Worthmore Clinic	Denver	720-460-0995	<a href="http://projectworthmore.org/programs/worthmore-clinic">projectworthmore.org/programs/worthmore-clinic</a>	x	x	Sio lazima kuwa mgonjwa aliyeanzisha, tunapokea wagonjwa wapya pia	Medicaid, CHP+, Medicare
STRIDE	Throughout metro Denver	303-360-6276	<a href="http://www.stridechc.org">www.stridechc.org</a>	x	x	Established patient with primary care doctor OR: Pregnant, Diabetes, HIV/AIDS; OR child under 18 needing emergency care. Mgonjwa aliyeanzishwa na daktari wa huduma ya msingi AU: Mjamzito, Ana kisukari, Ana WU/UKIMWI; AU mtoto chini ya umri wa miaka 18 anahitaji huduma ya dharura	Medicaid, CHP+, Medicare Financial screening for those uninsured). Medicaid, CHF+, Medicare Uchunguzi wa kifedha kwa wale wasio na bima
Denver Health	6 locations throughout Denver	303-436-4949	<a href="http://www.denverhealth.org/services/dental-care">www.denverhealth.org/services/dental-care</a>	x	x	(Adults (18+) – need to be patients to be seen. – Minors (17 or less) – can be seen as long as they live in Denver.) Watu wazima (18+) wanahitaji wawe wateja ili waweze kuonekana. – Watoto (Umri wa 17 AU chini) – waweza kutibiwa ilimradi wanaishi Denver.	Medicaid, CHP+, Medicare, CICP

### (Other Resources) Rasilimali Nyingine

CU School of Dental Medicine	13065 E. 17th Avenue, 1st Floor, Aurora	303-724-6900	<a href="http://dental.cuanschutz.edu">dental.cuanschutz.edu</a>	12-18	x	Sio lazima kuwa mgonjwa aliyeanzisha, tunapokea wagonjwa wapya pia	(Medicaid, CHP+, Medicare, Delta Dental Medicare Advantage, private insurance, private pay; veteran & seniors may be eligible for funding programs) Medicaid, CHF+, Medicare, Delta Dental Medicare Advantage, bima ya kibinafsi, malipo ya kibinafsi; wanajeshi wastaafu na wazee wanaweza kuwa na haki ya programu za ufadhili.
Dental Lifeline Network Program	Throughout metro Denver	303-534-5360	<a href="http://dentallifeline.org">dentallifeline.org</a>		65+	(Adults 65+ OR permanently disabled OR need medically necessary dental care). Watu wazima wenye umri wa miaka 65 na zaidi, AU wenye ulemavu wa kudumu, AU wanaohitaji huduma za matibabu ya meno	
Colorado Gerontological Society Dental Grant	Providers are throughout metro Denver	303-333-3482	<a href="http://www.senioranswers.org/programs/dental-grant">www.senioranswers.org/programs/dental-grant</a>		60+	(Dental Care for Low-Income Seniors; accepting new applications; applicants screened for social & economic needs). Huduma za meno kwa Wazee wa mapato ya Chini; tunakubali maombi mapya; waombaji watachunguzwa kwa mahitaji ya kijamii na kiuchumi.	Individuals on Medicaid or private insurance not eligible; must meet income guidelines). Watu walio na Medicaid au Bima ya kibinafsi, lazima wazingatie viwango vya mapato.

### (Dental Offices with Payment Plans) Ofisi za Meno zenye Mipango ya Malipo

Comfort Dental	Katika metro yote ya Denver	303-232-2300	<a href="http://comfortdental.com">comfortdental.com</a>
OneSmile Dental Plan	Katika metro yote ya Denver	833-417-6453	<a href="http://1smiledentalplan.com">1smiledentalplan.com</a>
RISAS	Katika metro yote ya Denver	844-651-5280	<a href="http://risasdental.com">risasdental.com</a>
Bright Now Dental	Throughout metro Denver	844-400-7645	<a href="http://www.brightnow.com">www.brightnow.com</a>
Rodeo Dental	Aurora, Denver, Arvada, Thornton, Colorado Springs	888-453-4129	<a href="https://www.rodeodental.com/">https://www.rodeodental.com/</a>
Martinez Mobile Dental	Kliniki ya rununu; anasafiri kuja kwako	303-945-5231	<a href="http://martinezmobiledental.com/">http://martinezmobiledental.com/</a>



**PROJECT  
WORTHMORE**



For more info and resources for Oral Health, visit [aurorahealthalliance.org/aurora-smiles-2](http://aurorahealthalliance.org/aurora-smiles-2) or scan the QR Code.

