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Looking for a dentist?  
BC Dental Association  
888-396-9888  
[yourdentalhealth.ca](http://yourdentalhealth.ca)

Contact your local Island Health  
Public Health Dental Program  
for further information



## Dental Options for Families

Central and North  
Vancouver Island

## BC Healthy Kids Program

- Provides \$2000 every two years towards dental exams and basic treatment for eligible children 18 years and under.
- Families may qualify if they are eligible for medical services plan (MSP) supplementary benefits and do not have private dental insurance.
- Provide your dental office with your child's personal health number prior to their appointment to confirm eligibility.

**For more information call 866-866-0800**

## Vancouver Island University Dental Clinic

VIU Dental Clinic provides professional care by dental hygiene and dental assistant students at a low cost to children and adults. Adults must attend a screening appointment prior to care. Parental consent is needed for children under 18 years of age.

**For more information call: 250-740-6240**

## Canada Dental Benefit

Provides up to \$650 per child per year for families with adjusted net income under \$90 000 per year and without dental insurance.

**Check Canada Dental website for updates**

## First Nations Health Benefits

Provide dental and other benefits through Pacific Blue Cross for First Nations or Inuit residents who have status registration. Children and adults must have their own Canadian Status Number to be eligible for dental benefits.

**For more information call: 855-550-5454**  
**Status registration: 800-665-9320**

Code Dental Clinic in Nanaimo provides emergency dental treatment at a reduced cost. Hours vary. Phone 250-591-0771 for details.

## Dental Health Tips for Families

### Brush Twice Daily

Brush every morning and before bed. An adult should help children with tooth brushing until they are around 8 years old.

### Use Fluoride Toothpaste

Brush with fluoride toothpaste to prevent tooth decay. Use a smear for children under 3 years old (the size of a grain of rice), and use a pea sized amount for children over 3 years.

### Visit Your Dentist Regularly

Visit a dentist at least once a year for an exam and early treatment of tooth decay, as well as tips for maintaining a healthy smile.

