

– Named on a valid NHS certificate for full help with health costs (HC2)

People named on a HC3 NHS certificate may also get help.

For full details of who is entitled to sight tests paid for by the NHS please visit:

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/free-nhs-eye-tests-and-optical-vouchers/>

Certain groups in Wales are also entitled to an extended eye examination.

For details of enhanced eye examination entitlements in Wales please visit:

[www.eyecare.wales.nhs.uk](http://www.eyecare.wales.nhs.uk)

You may also be entitled to a voucher towards the cost of any eyewear prescribed.

Ask your optician for details.

Your local optical practice will also be able to advise on the availability of NHS sight tests at home and whether you meet the eligibility requirements.

For more information about looking after your eyes visit:

[www.visionmatters.org.uk](http://www.visionmatters.org.uk)

This information is a guide only and should not replace advice given by your healthcare professional.

*Review date: Sept 2021*

# ALL ABOUT SIGHT TESTS



## **Routine eye checks.**

### **When to have them, how much they cost and what to expect...**

**The COVID-19 pandemic has created a backlog of patients requiring treatment and reduced the capacity for routine care, so some sight test appointments may be rescheduled.**

**However, it's vital that you still call your local optical practice immediately if you notice a change in your vision or have any concerns about your eye health.**

**Your optometrist can assess if you need to attend the practice for an examination.**

### **An essential health check**

A sight test is a vital check on the health of the eyes and can detect a range of common eye conditions.

Many of these, if found early, can be treated successfully, avoiding potential sight loss.

A sight test can also spot other health conditions such as high blood pressure, raised cholesterol, diabetes and increased risk of stroke.

### **Who needs a regular sight test?**

Everybody! Sight tests should be part of your health care routine just like going to the dentist.

And remember, children are never too young to have an eye check. Special tests have been devised to help optometrists examine even the youngest children.

### **How often should I have a sight test?**

We would normally recommend you get your

eyes checked every two years, unless advised otherwise by your optometrist.

Certain groups may need their eyes checked more frequently, including people with a family history of glaucoma.

### **What happens during a sight test?**

Sight test appointments usually last around 30 minutes. Your optometrist will tailor the examination according to your individual circumstance, taking into account your age, medical history and lifestyle.

Tests performed during your test might include: using a retinal camera or ophthalmoscope to examine the retina; assessing your visual acuity by asking you to read letters from a Snellen chart and measuring the pressure inside your eye.

*Don't forget to wear a mask when visiting the practice.*

### **How much does an eye test cost?**

Costs vary but normally start around £20. However, over 30 million people in the UK are entitled to free sight tests paid for by the NHS.

And, if you regularly use a computer at work you may be entitled to a test paid for by your employer.

### **Do I qualify for a free sight test?**

Those entitled to a sight test paid for by the NHS include the following groups :

- Aged 60 or over
- Under 16 or under 19 still in full time education
- Diagnosed as having diabetes or glaucoma
- Live in Scotland
- Registered blind or partially sighted
- Complex lenses wearers
- Receive Income Support
- Receive Pension Credit Guarantee Credit