

- Live in Scotland
- Registered blind or partially sighted
- Complex lenses wearers
- Receive Income Support
- Receive Pension Credit Guarantee Credit
- 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 [nhs.uk/using-the-nhs/help-with-health-costs/free-nhs-eye-tests-and-optical-vouchers/](https://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 please visit:  
[www.eyecare.wales.nhs.uk](http://www.eyecare.wales.nhs.uk)

Your local optical practice will also be able to advise on eligibility for NHS sight tests at home.

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

Ask your optician for details.

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

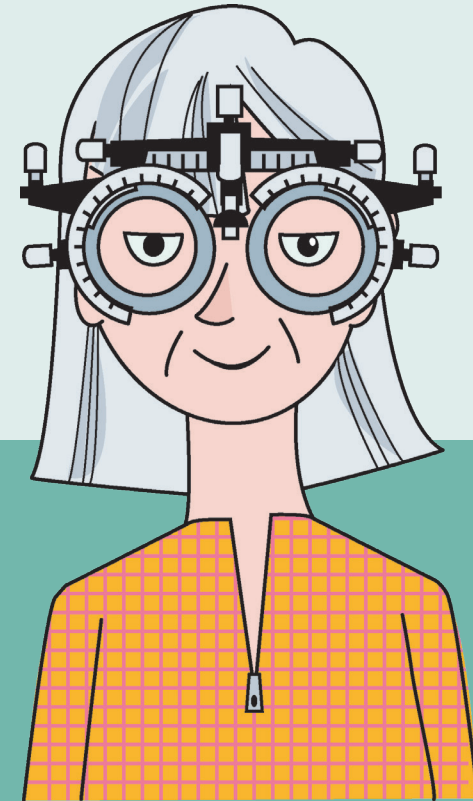
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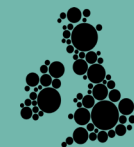
1. Access Economics

# ALL ABOUT EYE TESTS



Your guide to this essential health check

For more information visit  
[visionmatters.org.uk](https://visionmatters.org.uk)



**NATIONAL EYE HEALTH WEEK**  
MONDAY 18 – SUNDAY 24 SEPTEMBER 2023  
**YOUR VISION MATTERS**

## **Routine eye tests.**

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

### **Why eye tests matter**

Half of sight loss is avoidable.<sup>1</sup>

Failing to have regular eye tests is probably the biggest threat to eye health. Yet, millions of us don't have regular tests despite them being essential health checks.

Not only can an eye test check your visual acuity they can detect eye conditions, such as glaucoma, years before you notice a change in your vision

They can also uncover signs of general health problems including diabetes, high blood pressure and early signs of heart disease.

### **Who needs regular sight tests?**

Everybody! Sight tests should be part of your healthcare 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?**

Most people should have their eyes checked every two years, unless advised otherwise by their optometrist.

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

Your optometrist will advise you on the frequency that's right for you.

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

Sight tests usually last around 30 minutes.

Your optometrist will tailor the examination according to your individual needs, 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.

In addition to the core tests, you may be offered an optical coherence tomography (OCT) scan.

This scan helps the optometrist assess the health of your eye in very fine detail.

OCT scans often incur an additional charge so ask your optometrist for details.

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

Costs vary but normally start around £20. However, more than 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 (even if you're working from home) 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