



## SightCare Plan

### What's different about the comprehensive eye exam?

We have increased appointment times to allow us to continue to offer a service we are proud of without compromise.

We are utilising the latest technology to provide 3D Ocular Coherence Tomography (OCT) scans, Fundus photography and field of vision tests as required. These additional tests allow our Optometrists to detect and monitor early signs of eye disease and avoid unnecessary visits to the hospital.

Our comprehensive eye examination appointment allows us to assess the health of your eyes and consider any vision correction needed.

### What's the cost of the comprehensive eye exam?

The comprehensive eye exam is free of charge to anyone who already pays us a monthly aftercare payment.

If you would prefer to pay per appointment the cost is £84.00.

### What are the benefits of the SightCare Plan?

The SightCare plan includes annual comprehensive eye exams; all additional tests and follow up appointments as required including emergency appointments.

SightCare plan members receive 10% discount across spectacles, (including non-prescription eyewear like sunglasses or ready-readers), eye drops, solutions and accessories.

You will also have the option to spread spectacle payments over 10 interest-free payments by adding them to your direct debit.

### SightCare Plan: What is the cost to me?

The SightCare Plan costs £6.00 per month per person with no joining fee.

### Is there a minimum term?

There is a 12 month minimum contract. (If you visit us once per year you have saved £12 per year before taking into account any other benefits)

### Can I choose the date you take my payment?

You can choose the 1st or the 15th of each month (payment will be collected on the first working day following the chosen date)

### I don't usually pay for my Sight Test – does this still apply to me?

Yes. We no longer offer NHS funded Sight Tests.

NHS funded Sight Tests do not cover the cost of extended appointment times and advanced instrumentation such as OCT scans and digital retinal photography. These advanced scans allow us to detect early signs of eye disease and monitor conditions in-house and can often avoid unnecessary visits to the hospital.

The NHS have become increasingly restrictive on sight testing intervals and many people who are used to being tested annually are now only entitled to an NHS funded appointment once every two years.

Our SightCare plan allows us to offer annual tests to anyone who would benefit from regular monitoring and comes with the reassurance that you can be seen sooner whenever you feel there is a change in your vision or eye health.

### What about my family?

Children are welcome to benefit from our SightCare plan too. To support local families we have introduced family plans – please contact our reception team for more details.

### How do I sign up to the SightCare Plan?

Please speak to our reception team to join our SightCare Plan and start receiving your membership benefits.

Morpeth Branch Tel: **01670 518612**

Newcastle Branch Tel: **0191 232 1002**



## Optical Coherence Tomography (OCT)

A whole new way of examining your eyes

### What is OCT?

Optical Coherence Tomography uses low intensity infra-red light to give a 3D image of the back of the eye. It shows not only the surface but also the depth of the structures. It is similar to using ultrasound and creates an image not unlike an MRI or CT scan.

The light levels are very low, the scan takes seconds to acquire and is totally painless. All you need to do is look at a light, keep your eyes still and not blink for two seconds, simple as that!

As well as the 3D scan, our instrument also takes a photograph of the eye in high resolution. This allows us to pin point any area of concern to review in depth.

### What are the benefits?

The instrument is incredibly good at measuring and monitoring Macular Degeneration. It can measure the thickness of the optic nerves which are affected by Glaucoma (and compare to an age, gender and ethnically matched normal).

In both circumstances it can mathematically show any changes from one visit to the next, working at a level way beyond the ability of even the most experienced observer with normal viewing methods.

If there are any changes or abnormalities they can be monitored by ourselves if appropriate. Should you need referral to a hospital the information we provide can help immensely in aiding the doctor to prioritise the urgency for assessment/treatment.

### Does everyone benefit?

Everyone can have greater reassurance from a more in-depth examination. The two main areas where we see benefits are to people with, or likely to develop, Macular Degeneration (mainly people aged 60 or over) and those with a family history of Glaucoma or high pressures in their eyes. Diabetics can be monitored and compared more accurately, which is very beneficial in the long term.

### Do I need to have an OCT scan?

When checking the health of your eye the more information we have the better the quality of our decisions will be. This procedure gives us far more information to make a decision now, and improves our ability to compare and notice very subtle changes in the years to come.

For more information on OCT scans and to book an appointment please ring our practice on :

Morpeth Branch Tel: **01670 518612**

Newcastle Branch Tel: **0191 232 1002**

## 3 ways to help protect and maintain a healthy macula.

- Eat a diet rich in vitamins and minerals, particularly Lutein and Zeaxanthin. These are found in green leafy vegetables and in yellow fruits.
- Have regular check-ups including the OCT scan to monitor any changes.
- Protect your eyes against damage from UV light. When buying sunglasses make sure they have adequate UV protection.

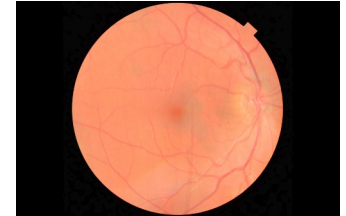
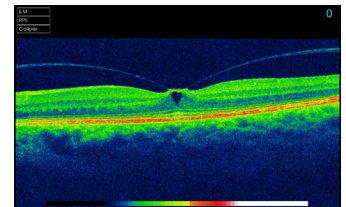
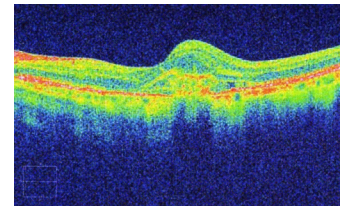


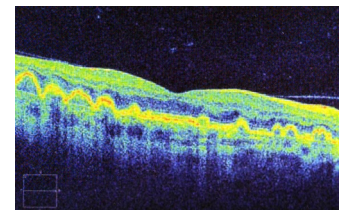
Image of Retina (back of the eye)



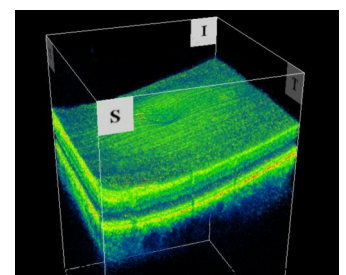
The vitreous (jelly) pulling on the retina



Age-related Macular Degeneration Wet Form



Age-related Macular Degeneration Dry Form



the retina and vitreous jelly