Unlocking optical benefits and maintaining healthy vision

Your eyes deserve the best care. Whether you're covered by a medical scheme or primary healthcare insurance, understanding your optical benefits can help you make the most of your coverage, and protect your vision in the process.

What are optical benefits?

Depending on your plan, you may be eligible for:

- Eye examinations
- Prescription lenses and frames
- Contact lenses
- Specialist consultations
- Surgical procedures (in some cases)

Benefits vary by scheme and plan, and may include limitations such as provider networks, benefit limits, and waiting periods.

Key things to check in your scheme

Before booking your next eye appointment, review these important factors:

- Network restrictions - Use preferred providers for better or full coverage.
- Out-of-network providers - You may face reduced benefits or higher costs.
- Special offers - Ask your optometrist about member-exclusive deals or promotions.
- Benefit limits & co-payments - Know your annual limits and any out-of-pocket costs.
- Waiting periods - Some benefits may only activate after a set time.
- Pre-authorisation - Required for certain high-cost procedures, check first!

Why eye exams matter

- Eye exams are not just for those with vision problems, they're a vital part of preventative healthcare.
- Regular check-ups help maintain good vision and support your overall health.

Protect your eyes from digital strain

With screen time on the rise, digital eye strain is a growing concern. Here's how to protect your vision:

1. **Schedule regular eye exams**
   Let your optometrist know about your screen exposure for a more accurate assessment.
2. **Use the 20-20-20 rule**
   Every 20 minutes, take a 20-second break and look at something 20 feet away.
3. **Minimise glare**
   Adjust lighting or use anti-reflective screens to reduce glare.
4. **Wear blue light control lenses**
   Computer glasses can reduce glare and protect against harmful blue light from screens and artificial lighting.
5. **Blink more often**
   Blinking keeps your eyes moist and helps prevent dryness and irritation.

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