



A QUICK GUIDE TO

HELP WITH HEALTH COSTS

- NHS prescriptions
- NHS dental treatment
- Sight tests, glasses and contact lenses
- NHS wigs and fabric supports
- Travel to hospital for NHS treatment



QUICK GUIDE

YOUNG PEOPLE AND PEOPLE RECEIVING BENEFITS

Are you aged 16, 17 or 18 and in full-time education?

If the answer is YES, then you are entitled to the following NHS items and services free of charge:

NHS Prescriptions

NHS Dental Treatment

Sight Tests

NHS Wigs and Fabric Supports

Are you (or your partner if you have one) receiving:

- Income Support?
- Income-based Jobseeker's Allowance?
- Pension Credit Guarantee Credit?

Do you have an NHS Tax Credit Exemption Certificate?

If the answer is YES to any of the above then you are entitled to all of the items/services free of charge, **plus:**

Vouchers towards the cost of glasses or contact lenses

A refund of any reasonable amount spent on travel to receive treatment at an NHS hospital.

To claim your entitlement, tell the practitioner when you have your treatment that you think you don't have to pay. The practitioner will ask you for evidence that you don't have to pay and ask you to sign a form.

Note: If you are receiving a benefit not listed above, check the rest of this leaflet to see whether you might be entitled to help on other grounds.

PEOPLE WITH CERTAIN MEDICAL CONDITIONS

If you have one of the following medical conditions, apply for an NHS Medical Exemption Certificate that will entitle you to receive NHS prescriptions free of charge. The exempting conditions are:

Hypoparathyroidism

Hypoadrenalism for which specific substitution therapy is essential (e.g Addison's Disease)

Diabetes insipidus and other forms of hypopituitarism

Diabetes Mellitus except where treatment is by diet alone

Myasthenia Gravis

Myxoedema (that is, Hypothyroidism requiring thyroid hormone replacement)

Epilepsy requiring continuous anti-convulsive therapy

A permanent Fistula requiring continuous surgical dressing or requiring an appliance (also referred to as a Stoma)

In addition to these conditions, if you have a continuing physical disability which means that you are unable to leave your home without the help of another person you might also qualify.

To apply for a Medical Exemption Certificate, ask the receptionist at your GP surgery. An application form will be completed at the surgery, and will be endorsed by your GP. The surgery will send off the application to your NHS Board and you will receive your certificate by post.



PRESCRIPTION PRE-PAYMENT

Prescription Pre-payment Certificates (PPCs) can save money for people who require large quantities of medicine or regular prescriptions, but are not entitled to free prescriptions. PPCs are available for 4 months or a year.

A PPC will save you money if you regularly need more than 1 prescription per month.

You can obtain a PPC:

- Over the counter from an NHS community pharmacy or dispensing surgery.
- By post from your regional office of NHS National Services Scotland at the following addresses:

For Argyll & Clyde, Ayrshire & Arran, Dumfries & Galloway, Greater Glasgow, Lanarkshire and Western Isles write to:- Practitioner Services Division, Clifton House, Clifton Place, Glasgow, G3 7LN

For Borders, Fife, Forth Valley and Lothian write to:- Practitioner Services Division, Stevenson House, 555 Gorgie Road, Edinburgh, EH11 3LG.

For Grampian, Highland, Orkney, Shetland and Tayside write to:- Practitioner Services Division, Summerfield House, 1 Gairsay Road, Aberdeen, AB15 6GF.

REFUNDS

If you are paying prescription charges but think that you might want to claim a refund, ask the pharmacist for an NHS receipt (form FP57) when you pay the charge. You can only get a receipt at the time you pay the charge. The receipt tells you what you need to do to claim a refund.

Claims must be made within three months of the date you paid the charge. If you have applied for help under the NHS Low Income Scheme but have not yet received a reply complete form HC5 and send it with the receipt to: Patient Services, Prescription Pricing Authority, Sandyford House, Archbold Terrace, Newcastle-upon-Tyne NE2 1DB

PEOPLE AGED 60 AND OVER

If you are aged 60 or over then you are entitled to receive:

Free NHS Prescriptions

Free NHS Sight Tests

WOMEN WHO ARE PREGNANT OR WHO HAVE GIVEN BIRTH IN THE LAST 12 MONTHS

You are entitled to receive:

Free NHS Prescriptions

Free NHS Dental Treatment

To get these, you will need to apply for an NHS Maternity Exemption Certificate.

Application forms are available from your GP, midwife or health visitor. They will help you to complete the form and will send it to your NHS Board. You will receive your certificate by post.

PEOPLE ON A LOW INCOME

If none of the circumstances in this leaflet apply to you, but you have difficulty paying NHS charges, you may qualify for help under the NHS Low Income Scheme. This is an income-related Scheme which looks at your (and your partner's) weekly requirements and income to calculate how much, if anything, you should pay towards your health costs.

The threshold for full help under the Scheme changes from time to time, so if you haven't claimed for a while, it may be worth making a new claim.

If you want to claim help under the Low Income Scheme, pick up form HC1 at Community Pharmacies, GP Practices, Citizen Advice Scotland Offices and Local Authority One Stop Shops.

You can also get a form, advice on completing it, or information and general advice by calling our helpline on: 0845 850 1166 (calls are charged at local rate).

You can get an HC5 from:

- your local Jobcentre Plus office
- your local hospital
- some dentists and opticians
- www.ppa.nhs.uk -(it will be posted to you.)
- by request from Patient Services on:

0845 850 1166

(calls are charged at the local rate)

Interpretation Services

If English is not your first language, we will provide a telephone interpreting service on all of the numbers shown in this leaflet. When you telephone tell us in English, or ask a friend to tell us, your preferred language and we will arrange for an interpreter.

This normally takes between 30 seconds and one minute.

Other special needs

This leaflet can also be made available by request on audio cassette, on disk and in large print.

All of the numbers on this leaflet offer typetalk for people who are hard of hearing. This is available Monday to Friday 8am to 6pm.

NHS Helpline on 0800 224488 will be able to provide both these services.

This is not a definitive guide to the help available. For more detailed information go to the following website and use the search facility to access the booklet "Are you entitled to help with health costs?":

www.show.scot.nhs.uk

Alternatively contact:

Scottish Executive Health Department

Directorate of Service Policy and Planning

Primary Care Division, Pharmacy Issues Branch,

St Andrew's House, Regent Road, Edinburgh, EH1 3DG