

Help with health and related costs - What help am I entitled to?

If you are on a low income, you might be entitled to free or cheaper prescriptions, dental costs, sight tests, glasses, wigs/fabric supports, fares to hospital, milk, vitamins and/or school meals.

If you are receiving income based benefit...

YOU CAN GET HELP WITH...



Prescriptions



Sight tests, vouchers for glasses



Travel to/from hospital



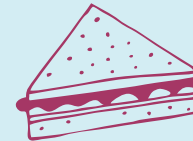
Dental treatment



Wigs and fabric supports



Milk, fruit and vitamins (If pregnant or have a child under four)



Free school meals for your child

You will need to have one of the following:

Evidence list

IF YOU ARE RECEIVING...

Income Support



✓ Income Support entitlement letter.

Income Based Jobseekers Allowance



✓ Income Based Job Seekers Allowance entitlement letter. Check it says 'income based' or you will not be able to claim.

Income Related Employment and Support Allowance



✓ Income related Employment Support Allowance entitlement letter. Check it says 'income related' or you will not be able to claim.

Pension Credit Guarantee Credit



✓ Pension Credit Guarantee Credit award notice. Check it says 'Pension Credit Guarantee Credit' or you will not be able to claim.

Tax Credits

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✓ NHS Tax Credit Exemption Certificate.

Key

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You qualify if your gross annual income is £15,276 or below. This will be shown on your tax credits awards or you can ring 0845 609 9299 for more information.







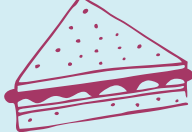
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You qualify if you only receive Child Tax Credit and your gross annual income is £16,190 or below. This will be shown on your tax credits awards or you can ring 0845 609 9299 for more information. People receiving Pension Credit will also have to be in receipt of Child Tax Credit to receive this help.

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If you are NOT receiving income based benefit but are on a low income...

YOU CAN GET HELP WITH...

								You will need to have one of the following:
	Prescriptions	Sight tests, vouchers for glasses	Travel to/from hospital	Dental treatment	Wigs and fabric support	Milk, fruit and vitamins (If pregnant or have a child under four)	Free school meals for your child	Evidence list
IF YOU ARE... Low income scheme - see page 3 to see if you qualify	✓	✓	✓	✓	✓	✗	✗	✓ HC2 certificate or HC3 certificate (Low Income Scheme)

For people on any income level...

IF YOU ARE... Under 16, or 19 if in full time education	✓	✓	✗	✓	✓	✓	✗	✓ Child Benefit Award notice or Letter from college saying you are a full time student
State pension age and don't fit into any of the above	✓	✓	✗	✗	✗	✗	✗	✓ Birth Certificate or Pension Award Notice
Suffering from a specified medical or optical condition	✓***	✓****	✗	✗	✗	✗	✗	✓ Medical exemption certificate or card (Medex) or letter from GP
Pregnant or have given birth in the last 12 months	✓	✗	✗	✓	✗	? only if you meet one of the above criteria	✗	✓ Maternity exemption certificate or card (Matex)

You may also be entitled to help if you are a war pensioner – ring 0800 1 69 22 77 for more information.

Key

Includes conditions such as insulin treated diabetes, some forms of epilepsy, cancer treatment and some other serious conditions. Ask your GP in you are eligible.

Includes glaucoma sufferers, close blood relatives of glaucoma sufferers, blind or partially sighted people and diabetics. Ask your GP if you are eligible.

Southampton City Primary Care Trust 



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Information correct at time of publishing

Help with health and related costs

How to claim...

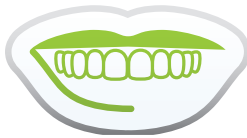
Prescriptions

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 When you pick up the prescription, tick the box which says why you are entitled to help.
- 3 Show evidence (see evidence lists on pages 1 and 2).
For more information call the NHS Health Cost Advice Line on 0845 850 1166.



Dental treatment

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 Go to the dentist, who will ask you to sign a form.
- 3 Show evidence (see the evidence lists on pages 1 and 2).
N.B. dental treatment must be with an NHS dentist.
For more information call 0845 850 1166.



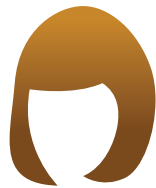
Sight tests and vouchers for glasses

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 Go to the optician who will ask you to sign a form.
- 3 Show evidence (see the evidence lists on pages 1 and 2).
For more information call 0845 850 1166.



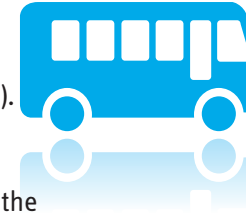
Wigs and fabric supports

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 Go to the wig support fitter who will ask you to sign a form.
- 3 Show evidence (see the evidence lists on pages 1 and 2).
For more information call 0845 8501166.



Travel to hospital appointments

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 You will have to buy the ticket to the hospital.
Make sure you keep the ticket and / or receipt.
- 3 You then claim the money back, either by going to the cashier's office at the hospital or by completing form H5 available from your GP. Send the form off with your receipt/s. If you have hospital appointments regularly you can claim back several trips in one go.
N.B. You can only get help if you use the cheapest suitable transport available to get to the hospital.
This cannot be used for visiting people in hospital.
For more information call 0845 850 1166.



Milk, fruit and vegetables

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 Your midwife, health visitor or doctor will fill in a form with you.
- 3 You will then be sent vouchers every four weeks.
- 4 Take these to the supermarket and hand them in at the till when you buy milk, fruit and vegetables.



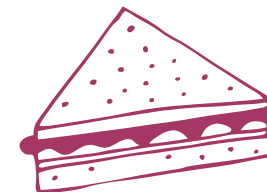
Vitamins

It depends where you live.
Ask your health visitor about this.



Free school meals

- 1 Check you are able to claim (see tables on pages 1 and 2).
- 2 Each school is different, so go to the reception at your child's school and ask. Take evidence (see evidence lists on pages 1 and 2) with you.



NHS Low Income Scheme

If you are not on income based benefits, you might still be able to get help with health costs through the NHS Low Income Scheme.

Who can get this help?

You can apply to the Low Income Scheme if you:

- Are 16 years or over.
- Have less than £16,000 in savings, investments and property (not counting the place where you live) or £23,250 in savings, investments or property if you live permanently in a care home.

How to get this help

- 1 Complete a form called HC1. Pick it up from a JobCentre, or your GP practice.
Alternatively ring **0845 850 1166** to be sent a form.
- 2 Return the form in the stamped addressed envelope provided. They will look at the money you have coming in and going out. If you are eligible they will send you a certificate – either a HC2 (exemption from paying) or HC3 (pay some costs) certificate.

Alternatively you can telephone **0845 850 1166** and they can fill the form in with you over the phone.