

Patient Management Plan



Gwasanaethau Offthalmig
Cyffredinol Cymru
Wales General
Ophthalmic Services

The optical prescription describes the strength of the glasses, should you need them.

Your details:

I tested your sight today and:



Issued the Patient Management Plan overleaf



No prescription was required



A new or changed prescription was issued



An unchanged prescription was issued

Please ask whether you can get help towards the cost of glasses or contact lenses.

Please turn the page for further advice.

R I G H T	Sph	Cyl	Axis	Prism	Base		Sph	Cyl	Axis	Prism	Base	L E F T
						Distance						
						Near						

You should wear your glasses for:

I have referred you to:

For:

Please return for your next examination in _____ months.

Practitioner details, signature and date:

Date of Sight Test:

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If you need new glasses or contact lenses, show this prescription to the optician when you order them. **A prescription may be valid for up to two years, so keep this form safe.**



The best thing that you can do for your eyes and to improve your current and future health is to not smoke.



Maintaining a healthy weight is not only good for your general health, but it is also good for your eyes.



Eating a wide variety of colourful fruit and vegetables, including dark green leaves, is good for your general health and supports good eye health.

Advice:

If you experience any concerns with your vision, or the appearance or comfort of your eyes, please contact us immediately.

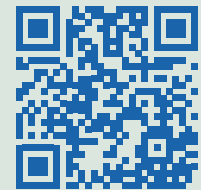
Please photograph these squares with your smart phone or tablet to access further information. Alternatively, please see www.eyecarewales.nhs.uk or ask the person who gave you this form.



Eye Care Wales
(WGOS)



Help me quit



Help us help you