



Adult Vision Resource Guide



Prevention of Blindness Society
of Metropolitan Washington®

youreyes.org



INTRODUCTION TO ADULTS EYECARE

Good vision is essential for independence, safety, employment, and overall quality of life. Regular eye care helps detect vision problems early, manage chronic eye conditions, and identify health issues such as diabetes, high blood pressure, and neurological conditions that may first appear in the eyes.

This guide is designed to support adults, caregivers, and service providers by outlining when to seek vision screenings and where to access affordable vision services across Maryland, Virginia, and Washington, DC.

When To Get a Vision Screening

Adults should receive regular vision screenings even if they do not notice changes in their eyesight. A comprehensive eye exam is recommended at least every 1–2 years for most adults.

Seek **IMMEDIATE** evaluation for any of the following symptoms:

- Sudden vision changes or loss
- Eye injury or chemical exposure
- Loss of vision in one or both eyes
- Flashes of light or new floaters
- Eye redness with pain

Annual screenings are recommended for adults who:

- Are over age 60
- Have diabetes or high blood pressure
- Have a family history of eye disease (e.g., glaucoma, macular degeneration)
- Experience vision loss, eye pain, or frequent headaches
- Have difficulty reading, driving, or seeing at night



WHO PROVIDES EYE SCREENINGS

Vision screenings and eye care services are provided by a variety of trained professionals and community organizations. The type of provider depends on the setting, cost, and level of care needed.

Optometrists

Licensed eye care professionals who perform vision screenings, prescribe glasses and contacts, and diagnose and manage many eye conditions.

Ophthalmologists

Medical doctors who provide comprehensive eye care, diagnose and treat complex eye diseases, perform eye surgery, and manage medical emergencies involving vision.

Primary Care Providers

Some clinics and community health centers offer basic vision screenings and referrals to eye care specialists.

Community & Free Clinics

Federally qualified health centers and nonprofit clinics may provide low-cost or no-cost vision screenings for uninsured or underinsured adults.

Mobile Vision Clinics

Organizations such as Lions Clubs and Prevention of Blindness Society operate mobile units providing on-site screenings, eyeglasses, and referrals.



NATIONAL RESOURCES

EyeCare America

EyeCare America is a public service program of the American Academy of Ophthalmology. It connects uninsured and underinsured adults across the United States with volunteer ophthalmologists who provide medical eye exams and follow-up care, often at no out-of-pocket cost.

Email: eyecareamerica@aao.org

Phone: (877) 887-6327

Hours: Mon–Fri, 8:00 a.m. – 2:00 p.m. PT

Website: aao.org/eyecare-america

Prescription Assistance

The following services can help reduce the cost of eye drops, glaucoma medications, and other prescription eye care:

AbbVie Patient Assistance

Assistance programs for eligible patients who cannot afford AbbVie medications (includes glaucoma drops).

For more information, visit abbvie.com/patients/patient-support/patient-assistance.html.

Alcon Payment Assistance

Support programs for Alcon eye care products and medications.

For more information, visit myalcon.com/payment-assistance-programs/.

DC Rx Card (Washington, DC Residents)

Free statewide prescription discount card for DC residents. No personal information required. Accepted at over 68,000 pharmacies nationwide, including CVS, Walgreens, Walmart, Giant, and Safeway. This is not insurance.

For more information, visit dcrxcard.com

GoodRx

Free prescription discount service accepted at most pharmacies.

For more information, visit goodrx.com

SingleCare

Free savings card for prescription medications.

For more information, visit singlecare.com



DISTRICT OF COLUMBIA RESOURCES

Before You Go — What To Expect

- Call ahead to confirm appointment availability and required documentation.
- Bring a valid photo ID and proof of DC residency.
- Medicaid, Medicare, and most private insurance plans are accepted at participating clinics.
- Free or sliding-scale services may be available for uninsured individuals.
- Interpretation services are available at many locations upon request.

URGENT/EMERGENCY EYE CARE

Seek immediate care for eye injuries, sudden vision loss, severe eye pain, chemical exposure, or signs of infection.

Howard University Hospital

2041 Georgia Ave NW, Suite 2100, Washington, DC 20060
For more information, call **(202) 865-1257**

MedStar Washington Hospital Center

106 Irving Street NW, POB South, Suite 420, Washington, DC 20010
For more information, call **(202) 877-8550**

Vision Screenings

Maryland Lions Community Outreach Foundation - (301) 599-7600

Mobile screening vehicles provide vision screenings, assistance with prescription glasses, and referrals to healthcare providers.



DISTRICT OF COLUMBIA RESOURCES, PAGE 2

Eye Exams

Community Health Centers

Patients must first complete a new patient primary care appointment and submit required documents (ID, proof of DC residency, income and insurance information). Once enrolled, patients can request a referral for a variety of eye conditions.

Bread for the City: (202) 386-7020

Unity Health Care: (202) 469-4699

So Others Might Eat (SOME): (202) 797-8806

DC Medicaid (Insurance)

Covers one eye exam per year with no copay for eligible residents. For more information, visit dchealthlink.com or call (202) 727-5355.

Prevention of Blindness Society

For more information, call (202) 234-1010.

Eyeglasses

Prevention of Blindness Society (Affordable Eyeglasses Clinic)

Affordable eyeglasses and mobile clinic services. For information, visit youreyes.org.

Eye'll Be There (Mobile Optical Shop)

For more information, visit eyellbethere.com/how-it-works/ or call (703) 864-1580.

DC Medicaid (Insurance)

Covers one pair of prescription eyeglasses per year with a low copay.

New Eyes (Online Eyeglasses Shop)

Free prescription eyewear voucher available online.

Zenni Optical (Online Eyeglasses Shop)

Low-cost prescription eyewear available online. For more information, visit zennioptical.com



MARYLAND RESOURCES

Before You Go — What To Expect

- Call ahead to confirm location, hours, and eligibility requirements.
- Bring a valid photo ID and proof of residency if requested.
- Ask about free or sliding-scale services if you are uninsured or underinsured.
- Medicaid, Medicare, and many private insurance plans are accepted at most locations.
- Language interpretation services are often available upon request.

URGENT/EMERGENCY EYE CARE

Seek immediate care for eye injuries, sudden vision loss, severe eye pain, chemical exposure, or signs of infection.

Adventist HealthCare Shady Grove Medical Center

9901 Medical Center Drive, Rockville, MD 20850
For more information, call **(240) 826-6000**

Holy Cross Hospital

12800 Middlebrook Road, Suite 102, Germantown, MD 20874
For more information, call **(301) 528-4500**

Howard University Hospital

2041 Georgia Ave NW, Suite 2100, Washington, DC 20060
For more information, call **(202) 865-1257**

MedStar Washington Hospital Center

106 Irving Street NW, POB South, Suite 420, Washington, DC 20010
For more information, call **(202) 877-8550**

Suburban Hospital, Johns Hopkins Medicine

8600 Old Georgetown Rd, Bethesda, MD 20814
For more information, call **(855) 546-3939**

This guide is provided for informational purposes only. The Prevention of Blindness Society of Metropolitan Washington does not endorse any particular resource. Resources are subject to availability and do not guarantee assistance.



MARYLAND RESOURCES, PAGE 2

Vision Screenings

Maryland Lions Community Outreach Foundation - (301) 599-7600

Mobile screening vehicles provide vision screenings, assistance with prescription glasses, and referrals to healthcare providers.

Remote Area Medical Volunteer Corps - ramusa.org/events/takoma-park-md/

Mobile screening vehicles provide vision exams and assistance with prescription glasses. No insurance needed, on a first-come, first-served basis.

Eye Exams

Maryland Eye Care Center (MECC Perks Program)

831 University Blvd East, Ste 11,
Silver Spring, MD 20903
For more information, call **(301) 431-0431**

Maryland Medicaid (Insurance)

Covers one comprehensive eye exam per year with a very low copay. For more information, visit health.maryland.gov or call **(855) 642-8572**.

Montgomery Cares (Montgomery Country Residents Only)

Patients must first complete a new patient primary care appointment. Once enrolled, patients can request a referral for eye conditions.

8757 Georgia Ave, Silver Spring, MD 20910
For more information, call **(301) 628-3405**.

Muslim Community Center Clinic

15200 New Hampshire Ave,
Silver Spring, MD 20905
For more information, call **(301) 384-2166**

Prevention of Blindness Society

For more information, call **(202) 234-1010**

Shepherd's Table Eye Clinic

8106 Georgia Ave, Silver Spring, MD 20910
For more information, call **(301) 585-6463**



MARYLAND RESOURCES, PAGE 3

Prescription Assistance

The following service can help reduce the cost prescription eye care and exams:

Montgomery County - Live Healthy (Montgomery County Residents Only)

For more information, visit montgomerycountymd.gov/OPI/live-healthy.html

Eyeglasses

Prevention of Blindness Society (Affordable Eyeglasses Clinic)

Affordable eyeglasses and mobile clinic services. For information, visit youreyes.org.

Eye'll Be There (Mobile Optical Shop)

For more information, visit eyellbethere.com/how-it-works/ or call (703) 864-1580.

Maryland Medicaid (Insurance)

Covers one pair of prescription eyeglasses per year with a low copay.

New Eyes (Online Eyeglasses Shop)

Free prescription eyewear voucher available online.

Zenni Optical (Online Eyeglasses Shop)

Low-cost prescription eyewear available online. For more information, visit zennioptical.com



VIRGINIA RESOURCES

Before You Go — What To Expect

- Some services require proof of Virginia residency.
- Clinics may require a referral from a primary care provider.
- Uninsured and underinsured individuals should ask about financial assistance programs.
- Medicaid, Medicare, and select private insurance plans are accepted at most locations.

URGENT/EMERGENCY EYE CARE

Seek immediate care for eye injuries, sudden vision loss, severe eye pain, chemical exposure, or signs of infection.

Howard University Hospital

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Vision Screenings

Lions Clubs of District 24-L (Telephone Help Hotlines)

Leave a voicemail with your name, address, phone number, description of need, and best

- **Northern Virginia:** (703) 339-1669
- **Prince William County:** (703) 335-5400
- **Sterling:** (703) 723-0077
- **Fauquier County:** (540) 347-6400

Remote Area Medical Volunteer Corps

Mobile screening vehicles provide vision exams and assistance with prescription glasses. No insurance needed, on a first-come, first-served basis. For more information, visit ramusa.org/events/takoma-park-md/



VIRGINIA RESOURCES, PAGE 2

Eye Exams

Inova Lions Club Eye Clinic

Inova Lions Eye Clinic provides free, comprehensive ophthalmic care to uninsured adults in Northern Virginia. **Patients must first complete a new patient primary care appointment with a referring partner, then request a referral for eye care.**

3299 Woodburn Rd, Ste 150,
Annandale, VA 22003

For more information, call **(703) 876-2700**.

Referral partners include:

ADAMS Compassionate Healthcare Network

4431 Brookfield Corporate Dr.,
Chantilly, VA 20151

For more information, call **(703) 876-2700**.

Arlington Free Clinic

4431 Brookfield Corporate Dr.,
Chantilly, VA 20151

For more information, call **(703) 876-2700**.

Culmore Clinic

3245 Glen Carlyn Rd.,
Falls Church, VA 22041

For more information, call **(703) 260-8429**.

Greater Prince William Health Center

9705 Liberia Ave, Unit 201,
Manassas, VA 20110

For more information, call **(703) 680-7950**.

HealthWorks for Northern Virginia

Various Locations

For more information, call **(703) 443-2000**.

Inova Cares for Community Bridging

Locations in Herndon, Leesburg, and Reston.

For more information, call **(571) 623-3390**.

Inova Cares for Families

44700 King St #100, Alexandria, VA 22302

For more information, call **(571) 665-6599**

Inova Cares for Women

46400 Arlington Blvd #210,
Falls Church, VA 22042

For more information, call **(703) 531-3000**.

Inova Juniper

Various Locations

For more information, call **(703) 779-5438**.



VIRGINIA RESOURCES, PAGE 3

Inova Medical House Calls

Primary care for homebound patients.
For more information, call **(703) 698-2431**.

Loudoun Free Clinic

2224-A Cornwall St NW, Leesburg, VA 20176
For more information, call **(703) 779-5416**.

Neighborhood Health

Locations in Annandale and Richmond Highway. For more information, call **(703) 443-2000**.

Virginia Medicaid (Insurance)

Covers one comprehensive eye exam per year with a very low copay.

Eyeglasses

Prevention of Blindness Society (Affordable Eyeglasses Clinic)

Affordable eyeglasses and mobile clinic services. For information, visit youreyes.org.

Eye'll Be There (Mobile Optical Shop)

For more information, visit eyellbethere.com/how-it-works/ or call **(703) 864-1580**.

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