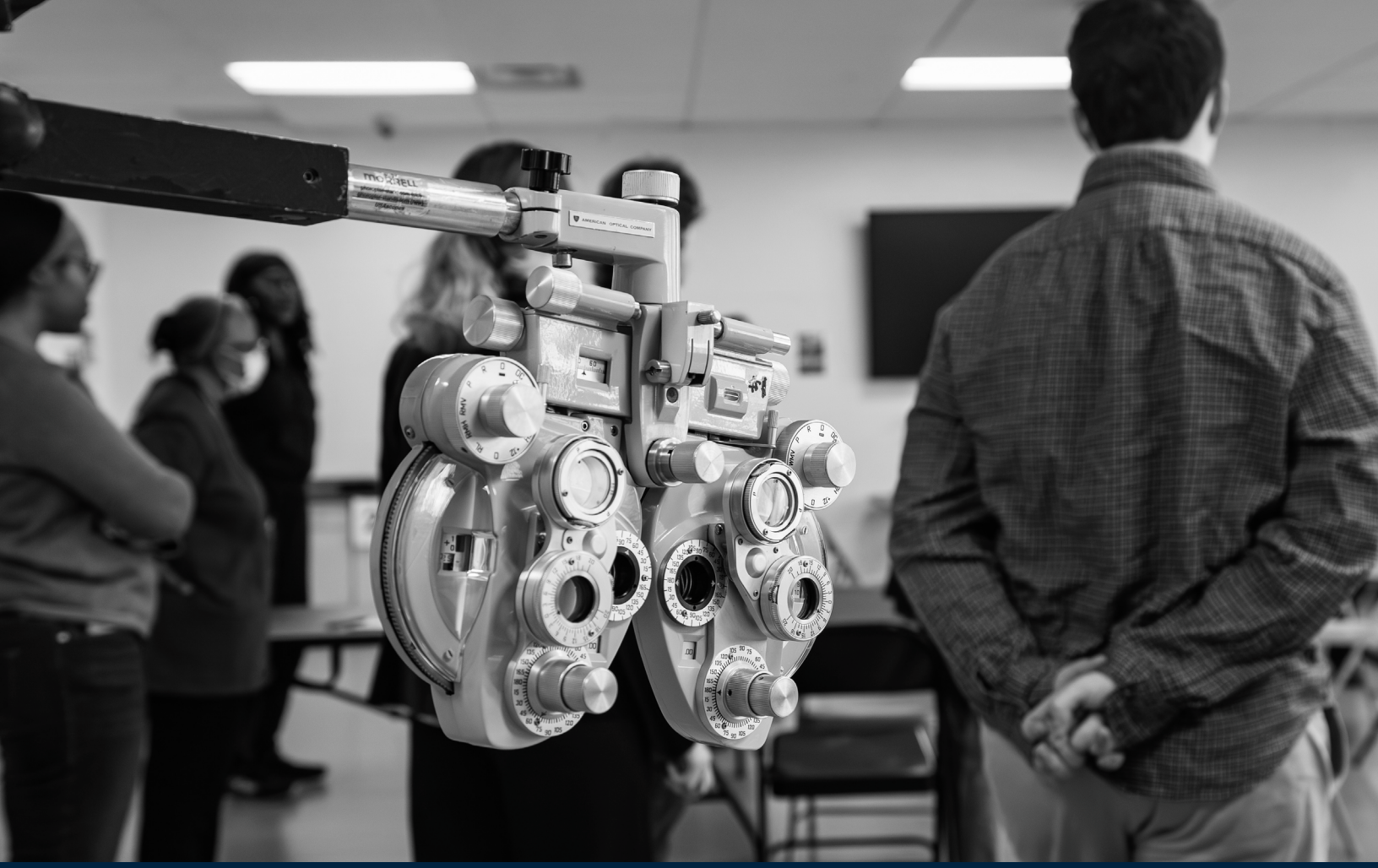


Adult Vision Resource Guide

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

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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.

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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

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

Phone: (877) 887-6327

Website: aao.org/eyecare-america

ASCRS Foundation's Operation Sight - Free Cataract Surgery

Operation Sight connects adults who can't afford cataract surgery with volunteer surgeons across the U.S. It covers the surgeon's services, office visits related to the surgery, and routine follow-up care for 90 days afterward, at no cost to the patient.

Who is eligible:

- Household income at or below 250% of the Federal Poverty Level
- No health insurance that would pay any part of cataract surgery *(people with Medicare Part B do not qualify)*
- U.S. citizen or permanent resident
- Diagnosed with a cataract that has been judged ready for surgery within the past 18 months

How to apply:

Fill out the online patient inquiry form. Operation Sight staff will email you about eligibility within 5–7 business days. Wait times for surgery depend on how many volunteer surgeons are available in your area.

Phone: (703) 788-5786

Email: info@ascrsfoundation.org

Website: operationsightusa.org/apply-for-help

Visit their site or click here for inquiry form

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NATIONAL RESOURCES, PAGE 2

Children's Eye Foundation of AAPOS' All Children See - Free Children's Eye Exams

All Children See matches children with volunteer pediatric ophthalmologists who give comprehensive eye exams at no cost. It's for children who failed a vision screening, couldn't complete one, or have another eye concern. To apply, visit their website or click here.

Who is eligible:

- Under age 18
- U.S. citizen or legal resident
- Uninsured, or can't afford the co-pay
- Failed a vision screening, couldn't complete one, or has an eye concern

Phone: (615) 649-3079

Website: childrenseyefoundation.org/what-we-do/all-children-see

Who is eligible:

1. Fill out the online application to check eligibility.
2. If eligible, get a list of local volunteer ophthalmologists to choose from.
3. Receive a referral letter by email with the doctor's contact information.
4. Call the doctor's office to schedule the exam.

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.

GoodRx

Free prescription discount service accepted at most pharmacies.

For more information, visit goodrx.com

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

SingleCare

Free savings card for prescription medications.

For more information, visit singlecare.com

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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.

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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

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

Low vision eye exam are by appointment only and refferals are recommended. At this time we do not offer regular eye exams.
For more information, call **(202) 234-1010.**

Eyeglasses

Prevention of Blindness Society (Affordable Eyeglasses Clinic)

If you have a current prescription for eyeglasses but cannot afford the full cost of glasses, we are here to help. Eyeglasses start at $40, including frames. If you use an accepted DC, Maryland, or Virginia Medicaid plan, there is no cost for covered eyeglasses An appointment is required, to book now **click here** or call **(202) 234-1010**, option 1.

415 2nd Street NE, Washington, DC 20002

Eye'll Be There (Mobile Optical Shop)

For more information, visit **e**yellbethere.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

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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**

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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, vsit 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

Low vision eye exam are by appointment only and refferals are recommended. At this time we do not offer regular eye exams.
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**

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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)

If you have a current prescription for eyeglasses but cannot afford the full cost of glasses, we are here to help. Eyeglasses start at $40, including frames. If you use an accepted DC, Maryland, or Virginia Medicaid plan, there is no cost for covered eyeglasses An appointment is required, to book now click here or call **(202) 234-1010**, option 1.

415 2nd Street NE, Washington, DC 20002

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

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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

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

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/**

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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 informaion, 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 informatin, 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.**

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VIRGINA 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.**

Virgina Medicaid (Insurance)

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

Eyeglasses

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New Eyes (Online Eyeglasses Shop)

Free prescription eyewear voucher available online.

Virginia Medicaid (Insurance)

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Zenni Optical (Online Eyeglasses Shop)

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