



Optical Healthcare

Optical health is crucial for overall well-being because good vision is essential for daily activities and quality of life. Regular eye care helps detect and prevent vision problems such as nearsightedness, farsightedness, and conditions like glaucoma or cataracts, which can lead to permanent vision loss if left untreated. Maintaining healthy eyes can also reduce the risk of associated issues like headaches, eye strain, and accidents. By taking care of your eyes through regular check-ups and protective habits, you ensure clearer vision and a better, more independent lifestyle.

Optical services require pre-authorisation from **Opticlear**, which can be obtained by calling 012 679 4200.

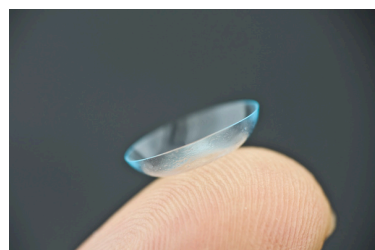
Network Opticians:

To search for a network optician, you can either contact 012 679 4200, or visit <http://opticlear.co.za/Providers>

All claims will be subject to a Clinical Validation Process (clinical necessity) and certain services and materials may require a motivation.

Optical Benefit Details:

- **Optical Examination:** One examination every 24 months per beneficiary from the last service date.
- **Lenses:** One pair of generic clear plastic lenses per beneficiary every 24 months from the last date of service.
- **Frames** are covered up to R470 per beneficiary, every 48 months from the last date of service (Fitting e.g. nylon, rimless are not covered).
- **Contact Lenses** are covered up to R835 per beneficiary every 24 months.
- Beneficiaries can either opt for contact lenses or spectacles, not both.
- Sunglasses are not covered.
- Optical benefits are paid according to the negotiated Opticlear rates and available benefits.



Refer to the 2026 Schedule of Benefits for a detailed overview of the benefit structure.

The South African Military Health Service remains the primary healthcare provider for medical, oral health, and hospital treatment to all beneficiaries of the Fund.