```
00:00:05,533 --> 00:00:06,733
There's one thing
00:00:06,733 --> 00:00:10,266
if I had known when I started on
00:00:10,266 --> 00:00:13,800
Universal Credit was
 I should have applied
00:00:13,800 --> 00:00:18,100
for my HC1 form because
I discovered
00:00:18,933 --> 00:00:22,166
six months after
 I signed on to Universal Credit
00:00:22,233 \longrightarrow 00:00:27,033
when I was attending hospital
 appointments and had to isolate
7
00:00:27,900 --> 00:00:31,400
for quite a few of those
 occasions that I could no longe
00:00:31,400 --> 00:00:35,800
afford to travel
due to the loss of income.
00:00:36,300 \longrightarrow 00:00:39,333
And I went to ask
 for the travel expenses
10
00:00:39,333 --> 00:00:42,233
that you normally get on your
working tax credits, et cetera.
00:00:43,166 --> 00:00:46,533
But I wasn't entitled to it
 because I hadn't applied
```

```
00:00:46,700 --> 00:00:51,433
for the health support
which is the HC1 form
13
00:00:51,433 --> 00:00:54,533
that I was not made
aware of when I signed on
14
00:00:54,533 --> 00:00:56,233
to Universal Credit.
15
00:00:56,233 --> 00:00:59,666
And then when I did
 apply for the HC1 form
00:00:59,666 --> 00:01:02,733
I was not awarded
the full amount
17
00:01:03,400 --> 00:01:06,266
because my monthly income
18
00:01:07,033 \longrightarrow 00:01:09,900
in that particular month
 that I applied for
00:01:10,733 --> 00:01:15,166
the support was higher
 than my normal income due to me
20
00:01:15,166 --> 00:01:18,700
receiving self employment
 grants that month.
21
00:01:19,100 --> 00:01:20,833
So it put me over
 the monthly income.
22
00:01:21,866 --> 00:01:23,966
So, yeah, basically, if
23
00:01:23,966 --> 00:01:27,600
you're applying for the HC1
```

```
apply for it
24
00:01:28,100 --> 00:01:31,733
when you sign on to Universal
 Credit, because if you need
25
00:01:32,066 --> 00:01:36,000
emergency dental treatment
 or your eye test emergency
26
00:01:36,000 --> 00:01:38,933
you won't get it unless
 you have the HC1 form
27
00:01:45,000 --> 00:01:47,200
As we just heard,
 the way that you see claimants
28
00:01:47,200 --> 00:01:50,333
get their help with health costs
is fundamentally different
29
00:01:50,333 --> 00:01:53,200
to how those in receipt
 of an older legacy benefit do
00:01:53,800 --> 00:01:54,800
If you were in receipt of
00:01:54,800 --> 00:01:57,566
working tax credits,
 income support or ESA
32
00:01:57,833 --> 00:02:00,900
you received a certificate in
the post nearly automatically
33
00:02:00,900 --> 00:02:03,366
to entitle you to help with
dental treatment
34
00:02:03,366 --> 00:02:05,033
and sight tests
```

```
35
00:02:05,033 --> 00:02:09,000
However, with universal credit,
 the responsibility is very much
00:02:09,000 --> 00:02:12,066
with you to make an application
 in order to access
37
00:02:12,066 --> 00:02:13,466
that same level of health.
00:02:14,500 --> 00:02:16,033
As we've heard the form that
39
00:02:16,033 --> 00:02:18,933
you need to complete
 it's called the HC1 form
40
00:02:19,500 --> 00:02:22,766
This form is freely available
 online through NI direct.
41
00:02:23,066 --> 00:02:24,166
And you can also pick it up
42
00:02:24,166 --> 00:02:26,633
at your local jobs
 and benefits office.
43
00:02:26,633 --> 00:02:29,500
Some GP surgeries,
 dental practices
44
00:02:29,500 --> 00:02:32,533
and opticians also have copies
 of the forms readily available.
00:02:32,533 --> 00:02:34,333
So you can always ask when
 you're in there
```

```
00:02:34,333 --> 00:02:35,466
at your next appointment
47
00:02:36,766 --> 00:02:38,000
There are three key
48
00:02:38,000 --> 00:02:39,200
things that I'd like to
49
00:02:39,200 --> 00:02:41,233
highlight when it comes
to the HC1 form
50
00:02:42,000 --> 00:02:44,233
Firstly, you don't
 actually have to wait
51
00:02:44,233 --> 00:02:46,800
until the Universal Credit award
has been decided
52
00:02:46,800 --> 00:02:49,966
before you make your application
through the see one scheme.
53
00:02:50,733 --> 00:02:52,433
It is a means tested assessment.
54
00:02:52,433 --> 00:02:54,866
So you need to be able
to provide income
55
00:02:54,866 --> 00:02:56,500
savings and capital,
56
00:02:56,500 --> 00:02:58,600
but you don't have to confirm
that you are
57
00:02:58,600 \longrightarrow 00:03:00,333
in receipt of Universal Credit
```

```
00:03:01,533 --> 00:03:04,000
Secondly, if your
 circumstances changed,
59
00:03:04,000 --> 00:03:05,800
you can get the level
of help that you're
60
00:03:05,800 --> 00:03:08,833
getting through to help with
 health costs scheme reassessed.
61
00:03:09,800 --> 00:03:12,800
As we heard in the example,
because this person
62
00:03:12,800 --> 00:03:15,400
was receiving an
 additional pot of money,
63
00:03:15,833 --> 00:03:17,733
the help that they could get
 through the health costs
00:03:17,733 \longrightarrow 00:03:19,533
scheme was reduced.
65
00:03:19,533 --> 00:03:22,300
If that does happen to you,
 you can ask through
66
00:03:22,300 --> 00:03:23,800
your Universal Credit journal
67
00:03:23,800 --> 00:03:27,100
to get the level of help
 that you're getting reassessed.
68
00:03:27,100 --> 00:03:29,866
This may mean that
 you get more help in the future
69
00:03:31,200 --> 00:03:35,066
```

```
And thirdly, if you have
 incurred any health care costs
70
00:03:35,066 --> 00:03:36,566
within the past three months,
71
00:03:36,566 --> 00:03:38,833
it may be possible
 for you to claim those back.
72
00:03:39,433 --> 00:03:41,800
There are loads of
 additional notes contained
73
00:03:41,800 --> 00:03:44,400
within the HC1 form
 explaining how to do this,
00:03:44,800 --> 00:03:48,733
but it will normally require
you to complete an HC5 form
75
00:03:48,733 \longrightarrow 00:03:51,533
and to provide receipts
 as confirmation of payment.
76
00:03:52,966 --> 00:03:54,766
If you require any
 assistance with
77
00:03:54,766 --> 00:03:56,133
help with health costs,
00:03:56,133 --> 00:03:57,100
you can contact your
00:03:57,100 \longrightarrow 00:03:59,133
local advice agency
who will be able to help
80
00:03:59,133 --> 00:04:01,166
you complete the form or indeed
```

81 00:04:01,166 --> 00:04:03,166 help you negotiate with Universal Credit

82 00:04:03,166 --> 00:04:05,333 in order to get your level of help reassessed.