Your all-seeing eyes

USE THE PROTECTIVE POWER OF AN EYE EXAM

Your eyes can speak pretty clearly. Just listen. Pay attention and they'll tell you about health problems you may not even know about.

That's the power of an annual eye exam. When you're tuned in regularly, even the smallest changes can be tracked. People are 4x more likely to get an eye exam than a physical, so it's often the first sign that something is wrong.[1]

SEE THE SIGNS SOONER

Your eyes are windows to your soul. They're also portals to your health. Serious health problems show early signs through your eyes – signs you don't want to miss. The good news? Signs of diabetes, high blood pressure and high cholesterol, as well as eye diseases like cataracts and glaucoma may be spotted early during an eye exam.[2] See it sooner. Treat it sooner. It's that simple.

FIGHTING TECH WITH TECH

Every day, we spend hours staring at phones, laptops and tablets. These screens put out blue light. Sounds pretty, but some reports suggest overexposure may cause blurry vision, difficulty focusing, dry and irritated eyes and headaches. Turn the tables on the digital age with a digital eye exam. Your eyes are always changing (you probably don't even notice it). Precision digital technology can help spot even the smallest changes.

EYE EXAMS AT EVERY AGE

- **Babies and toddlers:** Should have their first eye exam between 6 and 12 months.[3]
- **School-age children:** 1 in 4 may have vision problems that affect learning.[4]
- **Adults:** Over 200 million in the U.S. alone need vision correction.[5]
- **Seniors:** The most common sufferers of glaucoma, cataracts and macular degeneration.[6]
- **Moms-to-be:** Pregnancy can cause vision changes that your doctor should know about.[7]



EARLY DETECTION IS KEY

Regular eye exams can help identify early signs of certain chronic health conditions:[3]

- High blood pressure
- Diabetes
- Heart disease
- High cholesterol

DON'T LIVE WITH EYE ANXIETY

EyeMed makes it easy to get all-important eye exams with freedom to choose the doctor, hours and location that works for you.

Why eye exams matter:

- Diabetes-related retinopathy is the leading cause of blindness in adults[8]
- More than 3 million Americans have glaucoma, but only half know it[9]
- The eye is one of the only areas of the body where doctors have an unobstructed view of blood vessels[10]
- 60% of people spend 6+ hours in front of digital devices[11]

SEE THE GOOD STUFF

For more articles to keep your vision healthy and sharp, visit eyesiteonwellness.com

[1] US Department of Health – National Health Statistics Report #8; 8/6/08.
[2] "Keep an eye on your vision health," Centers for Disease Control and Prevention, https://www.cdc.gov/features/healthyvision/index.html. Accessed December 2019.
[3] "Recommended eye examination frequency for pediatric patients and adults," American Optometric Association, https://www.aoa.org/. Accessed December 2019.
[4] "Vision problems of school-age children," allaboutvision.com. Accessed December 2019.
[5] Based on consumer study data by AC Nielsen and verified by Vision Watch data, 2008.
[6] "The 4 most common age-related eye diseases," agingcare.com. Accessed December 2019.
[7] "Pregnancy can cause dry eyes and other vision changes," allaboutvision.com. Accessed December 2019.
[8] "Diabetes and your eyes," preventblindness.org. Accessed December 2019.
[9] "Glaucoma facts and stats," glaucoma.org. Accessed December 2019.
[10] "The eye: a window to your health," brightfocus.org. Accessed December 2019.
[11] 2016 Vision Council Digital Eye Strain Report.

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