

# Now you know

## RESOURCES THAT BUILD YOUR EYE IQ

With apologies to poker players everywhere – eyes are terrible at keeping secrets. They can't hide health problems from a comprehensive eye exam. Small, big or even life threatening – your eyes show signs of conditions you don't want to miss.

We make it easy to get an exam every year. That's why our widespread network has so many care options. And that's why you have access to tools, technology and the latest diagnostics to keep you well and explain it all.

**FACT:** People are 4x more likely to get an eye exam than a physical.<sup>1</sup>

## THE LATEST TOOLS WITH THE LATEST WORD

Plug into a healthy wellness experience. Here's how:

- Sign up on eyemed.com to receive the latest wellness articles, fun quizzes and special offers in our inSIGHTS newsletter
- See what experts have to say about it on eyesiteonwellness.com, our award-winning personal health site
- Schedule an exam with your preferred eye doctor using the EyeMed Enhanced Provider Search on eyemed.com or the EyeMed Members App\*
- Set an exam reminder using the app on your iPhone or Android
- Opt-in for monthly alerts on wellness information, benefits reminders and tips, and more by calling 844.873.7853. Be sure to have your 9-digit Member ID handy

## TECH TELLS YOUR WELLNESS STORY

Retinal imaging and corneal mapping are highly precise digital eye exam innovations. They can detect even the smallest shift in your eye health. The EyeMed network is full of doctors who specialize in this sophisticated technology.

**FACT:** The eye is the only area of the body with a clear view of blood vessels.<sup>2</sup>



## SERIOUS HELP FOR SERIOUS CONDITIONS\*

If you have diabetes, you may need ongoing eye care attention. You got it. Ask about the Diabetic Eye Care Benefit that lets you see your eye doctor more often to monitor this leading cause of blindness. You'll also get special reminders and access to the diagnostic eye tests you need.

## GOOD EYE CARE STARTS EARLY

Some eye disorders show up in early childhood (think nearsightedness, farsightedness and lazy eye). This is a big deal when 80% of what kids learn is processed through their eyes.<sup>3</sup> The size of our network means you can find an eye doctor your child is comfortable with. If your child needs specialized frames, we have coverage options for that, too.<sup>\*\*</sup>

**FACT: 25% of school-aged children have problems with their vision.<sup>4</sup>**

A comprehensive eye exam may help spot signs of some health conditions:<sup>5</sup>

- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Eye diseases, like glaucoma and cataracts

 Find an eye doctor at [eyemed.com](http://eyemed.com)

<sup>1</sup>US Department of Health – National Health Statistics Report #8; 8/6/08.

<sup>2</sup>Your Eyes Could Be the Windows to Your Health, American Academy of Ophthalmology, 12/3/14.

<sup>3</sup>School-aged Vision: 6 to 18 Years of Age, American Optometric Association website. Accessed 4/15/16.

<sup>4</sup>U.S. Preventive Services Task Force. Screening for Visual Impairment in Children Younger Than Age 5 Years: Recommendation Statement. Ann Fam Med. 2004;2:263-266.

<sup>5</sup>James, S. D. (2012, April 11). Get An Eye Exam: Arthritis to Cancer Seen in Eye. Retrieved from abcnews.go.com.

\*Online scheduling available for select in-network providers.

\*\*The Diabetic Eye Care Benefit and KidsEyes benefit are only available if your employer has added these options to your benefits.



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