

# MORE THAN MEETS THE EYE

## The Importance of Routine Eye Exams



### SEE YOURSELF HEALTHY

Many simple vision problems go undiagnosed—problems that could be detected by an eye exam and easily corrected. Superior Vision eye care providers can help members with vision and eye concerns—from eye strain and blurred vision to diseases and headaches.

### ALLOW US TO OPEN YOUR EYES

Some systemic diseases and health conditions can also be diagnosed through a comprehensive eye exam. Early detection can help lessen some of the long-term effects and help preserve vision. Eye exams may diagnose:

- Cancer
- Diabetes
- High blood pressure
- High cholesterol
- Cataracts
- Glaucoma
- Macular degeneration
- Retinal detachment

### KEEPING AN EYE OUT FOR YOU

A Superior Vision eye care provider can offer eye care tips and solutions for common vision and eye issues, including:

- Computer Vision Syndrome
- UV protection of corneas and retinas
- Eye safety (work and play)
- Impact of glare on your eyes
- The effect of standard medications on eyesight

# 80%

The amount of information our brain receives through our eyes<sup>1</sup>

# 7 million

The number of people with diabetes who are undiagnosed<sup>2</sup>

# 25%

The percentage of school age children who have some form of visual impairment<sup>1</sup>

1: American Optometric Association 2014.

2: Centers for Disease Control and Prevention 2011.