

2022 VISION HEALTH RESOURCE CALENDAR

eye
Med

There's something
to see all year long



January

It's a new year. It's a new you.

Click on the titles below to access each resource

◀ Back to Caring for your eyes | ▶ Back to Healthy vision

Make a Date for Your Eyes: Your Annual Exam




Getting your eyes checked can help you be the vision of health.

You may think you need an eye exam only when it's time to update your eyewear prescription. But the truth is, eye exams are about a lot more than seeing whether you need a new pair of glasses or contacts. Comprehensive eye exams play an important role in your overall wellness, and you should get one every year for optimal vision health. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood

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Look through the lens of common eye conditions



MACULAR DEGENERATION

What is it?
Macular degeneration is the leading cause of irreversible blindness over 50 and affects more than 10 million Americans! While your glasses and contacts combined, it's caused by the deterioration of the central portion of the retina. You may not be aware of it until you notice slight changes in your vision or until it's advanced during an eye exam. You can reduce your risk and possibly slow the progression of this condition by getting a healthy diet, exercising, quitting smoking and protecting your eyes from ultraviolet light.

WHAT IS IT?

HOW IS IT DETECTED?

◀ Go Back

May

Healthy Vision Month

May 2-8 **CHILDREN'S BOOK WEEK**
Examining your eyes before bed - with a book, not a device - can help your body relax.

May 21 **NATIONAL MEMO DAY**
Plans to shift schedule on eye exam.

350+ There are more than 350 hereditary eye diseases!

54% Only 54% of Americans get a regular eye exam!

A fingerprint has 40 unique characteristics. As of May 2014!

"Life begins at 40— but so do fallen arches, rheumatism, faulty eyesight, and the tendency to tell a story to the same person, three or four times."

—Helen Rowland

* "Hereditary Ocular Disease" Research to Prevent Blindness, rpb.org. ** "Many American Adults Have Vision Problems but Do Nothing" National Eye Institute, nidep.nih.gov. 2013. 2020. ** "10 Facts About the Amazing Eye" Susan Collier, discovereye.org, 2020.

Eye exams aren't just for updating prescriptions for glasses and contacts – they can tell us a lot about our overall health.

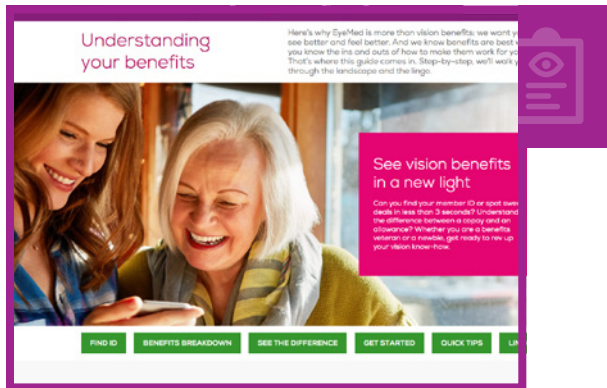
Ever wonder what it's like to live with glaucoma or cataracts? Try a vision simulation of common eye diseases and learn a few new habits to help prevent them.

Eye health is important every day – not just at exam time. Make it a priority all year long with a calendar that commemorates days, weeks and months that focus on vision.

February

The ins and outs of vision benefits

Click on the titles below to access each resource



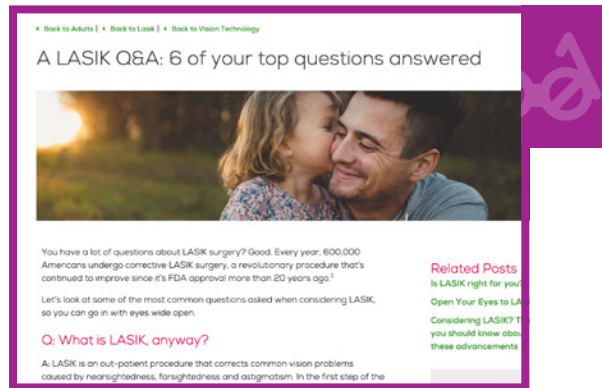
Understanding your benefits

Here's why EyeMed is more than vision benefits: we want you to see better and feel better. And we know benefits are best when you know the ins and outs of how to make them work for you. That's where this guide comes in. Step-by-step, we'll walk you through the landscape and the lingo.

See vision benefits in a new light

Can you find your member ID or spot some words in less than 3 seconds? Understand the difference between a copay and an allowance? Whether you are a benefits expert or a newbie, get ready to re-up your vision know-how.

[FIND ID](#) [BENEFITS BREAKDOWN](#) [SEE THE DIFFERENCE](#) [GET STARTED](#) [QUICK TIPS](#) [LINK](#)



[Back to Adults](#) | [Back to Link](#) | [Back to Vision Technology](#)

A LASIK Q&A: 6 of your top questions answered

You have a lot of questions about LASIK surgery? Good. Every year, 600,000 Americans undergo corrective LASIK surgery, a revolutionary procedure that's continued to improve since it's FDA approval more than 20 years ago.¹

Let's look at some of the most common questions asked when considering LASIK, so you can go in with eyes wide open.

Q: What is LASIK, anyway?

A: LASIK is an out-patient procedure that corrects common vision problems caused by nearsightedness, farsightedness and astigmatism. In the first step of the

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[Considering LASIK? T](#) you should know about these advancements



[Back to Going for your eyes](#) | [Back to INSIGHTS articles](#)

How to choose an eye doctor

It may be human nature to surround ourselves with people who see things the way we do. But we should also include a few who see things a little differently. This applies especially to your eye doctor.

The person you choose to provide your annual eye exam should be as much an ally as an expert. Above all, he or she should be able to tell you what you need to know about your vision health.

EyeMed's Enhanced Provider Search

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[Have Your Kids Seen the Eye Doctor This Year?](#)
[Contacts? Here's What to Ask Your Eye Doctor](#)

Find an eye doctor using search

What's a copay? How exactly do discounts and allowances work? This quick review answers these and other common questions to help you understand your vision benefits – step by step, inside and out.

Considering LASIK? Let's break down some frequently asked questions, including whether you're eligible, how long the treatment lasts and more.

There's a lot to consider when choosing the right eye doctor. Use these tips for where to start your search and what to look for.

March

Protect those hard-working peepers

Click on the titles below to access each resource

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Put Vision Safety to Work

No matter what you do, protecting your eyes is an important part of your job.

No matter where you work—in a factory, laboratory, construction site or office—workplace eye injuries can and do occur. Every day, more than 2,000 American workers suffer an eye injury that requires medical attention.¹ And nearly a million Americans have lost some of their sight due to an eye injury.² According to the Bureau of Labor Statistics, these injuries account for more than \$300 million in lost time, medical expenses and worker compensation.³ The good news is that most workplace eye injuries are preventable. But different types of jobs call for different ways to protect your eyes. It's important to know what works best for your occupation.


It's estimated 90 percent of workplace injuries could be avoided with the proper use of safety eyewear.

Source: Prevent Blindness America, "Workplace Eye Safety," 2010.



[Back to Vision Guides](#)


When dust gets in your eyes – a to-do list for workplace vision safety



We've heard of taking the red-eye home from a business trip. But for roughly 2,000 people every day, red-eye can be a regular work floor occurrence.


That's roughly the number of U.S. workers who sustain daily job-related eye injuries that require medical attention, according to the National Institute for Occupational Safety and Health.¹ The causes of these injuries can range from flying wood chips to infections, or be as typical as dust. If you've ever had so much as an eyelash in

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Make a Date for



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How lifestyle lenses could help improve your work life




Whether it's work, home or play, most of us prepare ourselves from head to toe to adjust to different activities and environments. It could be a mistake to skip your eyes, especially at the workplace.

An estimated 75% of people use some form of vision correction,¹ and many who choose eyeglasses carry the same pair from home to the workplace. But are those glasses the best choice for optimum productivity and overall health?

New specialty lenses, and in particular workplace lenses, are being designed to work a little differently, offering high levels of quality and adaptability so they can easily adjust to varying environments – perfect for today's lifestyle.

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Get the perfect fit, find the right lenses for your sunglasses needs
What your vision



Every day, 2,000 American workers suffer an eye injury – and most of them are preventable.¹ When hazards are part of the job, it helps to know how to best protect your eyes.

Flying wood chips, infections, dust and moving objects all pose a risk to eyes at work. Explore 10 ways to keep yours safe, including what to wear and how vision benefits can help.

Whatever your job, odds are that there's a lifestyle lens that can make the work a little easier – and that your eyes will love.

¹American Optometric Association. <http://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision?sso=y>


April

Women's health takes center stage

Click on the titles below to access each resource

• Back to Healthy vision | • Back to Vision by Age

Women and vision: Keeping an eye on your health



Of the 4.4 million Americans age 40 and older who have vision problems, the majority are women.¹ Find out how you can avoid being counted among them.

If you're female, you're more likely to develop several common, yet serious, eye diseases as compared to your male counterparts. But you have more control over the outcome than you may think. A healthy lifestyle and routine eye exams may

Rela
A Women's
Vision Health
Management
Disease


Match your personality

Your face gives others a personality. So what does your eyewear tell others? Take our quiz to see which style of eyewear matches your personality profile.



• Back to Adults | • Back to Eye Conditions | • Back to Healthy vision

How pregnancy affects your eyesight



Pregnancy is often a time of great joy and anticipation, but it can also bring an increase in hormones that may cause temporary changes in your vision. Your eye care professional can help you learn about the following potential vision changes during pregnancy:

Refractive changes
Changes in hormone levels can alter the prescription needed in your eyeglasses or

Rela
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Vision Health
Management
Disease

Women are more likely than men to develop many common, but serious eye diseases. Knowing what to look for and a healthy lifestyle can give your eyes a fighting chance.²

Your choice of eyewear says a lot about you. Are you quiet and intelligent or creative and romantic? Or all four? Take our quiz to see which style of eyewear matches your personality profile.

If you're expecting, it's a good idea to keep an eye out for changes in your vision. Here's what you need to know.

² "More Women than Men Have Eye Disease," PreventBlindness.com


May

Better nutrition for better vision

Click on the titles below to access each resource

• Back to Healthy vision | • Back to Nutrition

The vitamin that is essential to our eye health



The sunrise and sunset may be free, but their benefits toward eye care are priceless—if captured.

Vitamin D, a compound unlocked by the power of sunshine and essential for the absorption of calcium into the bones, also possesses a scope of healthful benefits for the eyes. From reduced risk of macular degeneration (which causes fuzziness) to improved tear function, vitamin D has been proven to affect our eyesight in many ways—some of which may be a surprise.

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Managing thyroid disease
Vitamin D: Do



Holly jolly holiday wreath platter

A carrot-sprinkled dip, infused with beta carotene and encircled in a potpourri of fresh vegetables

- 1 Fill a large pot with water and bring to a boil. Next to the stove, prepare an ice bath.
- 2 In boiling water, blanch broccoli for 1-2 minutes, remove with a draining spoon and chill in the ice bath. Repeat with Brussels sprouts, green beans and snap peas.
- 3 Once all blanched veggies are chilled, set them aside and let dry.
- 4 On the platter, arrange kale in a full circle around the edges, with the stems pointing in.
- 5 Top the kale with broccoli in a full circle, followed by the Brussels sprouts, green beans, snap peas and cauliflower.
- 6 Use the grape tomatoes to create small garnishes that resemble holly.

WATCH VIDEO

American Ophthalmic Association. Lurie and Desautels. Eye-Friendly. Accessed June 1, 2018. U.S. National Library of Medicine. National Institutes of Health. 2018. © 2018. All rights reserved. © 2018. All rights reserved.

Vitamin D isn't just great for our bones; it's full of surprising benefits for the eye, too. Here's what they are (and how to get a little more).

Treat yourself to a special breakfast that not only tastes good, but is good for your eye health. Try this easy recipe that's full of vitamin C and antioxidants – ready in 20 minutes.

Celebrate Healthy Vision Month with a collection of greatest hits from our vision-boosting recipe files. Delicious and nutritious, simple and snappy – eat for eye health all month long.


June

Setting your sights on men's health

Click on the titles below to access each resource

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Men, vision health, and the big 5




Of the most common health issues faced by men, 5 can carry risk of serious harm

In living color

Most people who are considered blind have a color vision deficiency means they can see colors, but see them a little differently. Colors look faded or dull, or two different colors could look very similar. This happens because the cones in the eye have one or more of the light-sensitive pigments. Genetics are typical blame, but sometimes age, diet, or medication can be the culprit.

◀ Back to Vision Technology

Trending this year: Eye tech that caters to you



Remember when technology was simply there to make life easier? Before a lost phone could throw you into a two-week spin? Before computer viruses? Before red light cameras and beeping smoke detectors?

It can be that way again - at least in the world of vision care. The latest trends signal technology is focused on comfort, speed and precision.

Vision care is one of the fastest growing medical specialties. It's no coincidence that technological advances are also springing up at a record pace. Not robot butlers or

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disease
A Woman's Gu

5 of the most common men's health issues can also impact vision. Learn how these diseases can damage eyesight and what can be done to avoid them.

Men are 5 times more likely than women to have the most common form of color blindness. Take a quick screening test and see what color deficiency looks like.³

Big improvements in vision care and technology are heading to your eye doctor's office, so say hello to your best eye exam yet.

³ "Facts About Color Blindness," National Eye Institute.


July

Protecting your vision is no game

Click on the titles below to access each resource

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See Your Way to Sharper Sports Performance



Want to play better? Focus on your vision skills.


Good vision skills are necessary for a lot of sports, both competitive and non-competitive. Even at practice, it's important to see well to get the best results from your hard work.

Don't underestimate a visual problem, even if you think it's of little importance. Your

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Add Protective Eyewear to Your Game Face



Whatever sport you play, guarding your eyes is always a winning strategy.

Whether it's helping you judge a sharp turn down the ski slope or seeing when to hit an oncoming pitch, your eyes are key players in all of your sports activities. But the eyes can also get injured if left unprotected. Nearly all sports pose some type of risk for eye injury. By making the right moves in protecting your eyes, you can

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Eye MED

Eye safety checklist

For sports of all sorts

Athletes in all sports, on all levels, of all ages depend on their eyesight to perform. But you never know which way that crazy ball is gonna bounce. Knowing how to protect your eyes can help you enjoy the game—and the vision—you love so much.

	CAUTION	PROTECTION	SKILL BUILDING DRILLS
Baseball	Wild pitches, thrown bats, pop flies	Face guard, eye guard	Tape words to a bouncing ball and see if you can read them (dynamic acuity).
Basketball	Elbows, fingers, basketballs	Eye guards	Watch TV with your head turned to one side (peripheral vision).
Football	Fingers, loose equipment	Eye guards, face guard	Play a kid's memory matching game and focus on improving your speed.

Nearly every sport has one thing in common – to play it well, you need to see well. But each sport uses different types of vision skills. Discover the differences and what they can add to your game.

Whether you're a weekend hiker or part of a competitive soccer league, protective eyewear can change your game for the better.

Athletes of all ages are focusing on safety these days. Eye safety should be part of the picture. Next time you hit the field or gym, make sure you check these boxes.

August

Back to school eye health

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8 Back-to-school rules to help protect



A child won't raise their hand if they don't know the answer to a problem, and that includes fuzzy vision. Most kids simply don't realize if their sight is off. From tripping and tilting to picking the right lens, we've got a list of gotta-knows for parents aiming to keep their kids' vision focused and healthy.



• Back to Kids | • Back to Vision by Age

Keep up with your child's eye exams



Through a child's eyes, the world can be full of wonder, where everyday objects possess extraordinary powers, and simple pleasures create lasting memories. However, beyond the ability to see the world with spirit and imagination, a child's actual vision needs are just as unique and important. How a child sees at home, in

80% of learning comes through the eyes, but 1 in 4 children have a vision problem. Make sure they're ready to see success with this back to school checklist.⁴

These tasty snacks pack a powerful punch when it comes to eye-healthy nutrients like vitamin E and antioxidants – and best of all, they're easy to make.

A child's vision can have a lifelong impact, so we're sharing how to recognize their vision needs (and how often they'll need an eye exam).

⁴ "Children's Vision and Eye Health: A Snapshot of Current National Issues;" National Center for Children's Vision & Eye Health; accessed July 2017.


September

It's open enrollment season

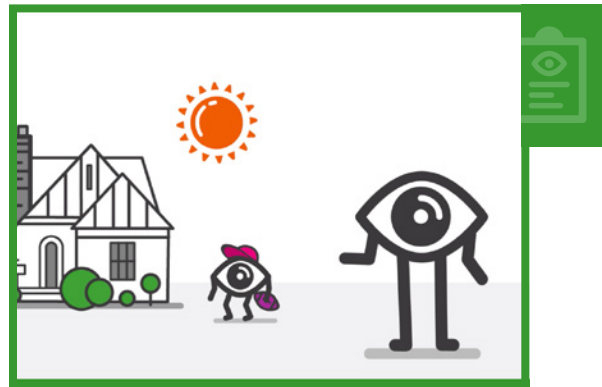
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◀ Back to Vision Guides

Foreseeing your eye exam: 10 pointers on expect and fun tips



About 75% of people in the United States have some form of vision correction, yet ask them what stereopsis is and they may think it's the sound system at an IMAX movie.



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If it's been a while since your last eye exam, we're here to help walk you through the process so you know exactly what to expect.

Let LevEye, our vision benefits concierge, help you see things more clearly with a quick quiz that gets to the heart of whether vision benefits may be right for you and your family.

Employer exclusive: Use any (or all) of our self-service resources to promote vision benefits and make open enrollment a breeze. Choose from customizable templates, ready-to-go materials and shareable videos.


October

Seeing life to the fullest

Click on the titles below to access each resource

◀ Back to Caring for your eyes | ▶ Back to Vision Insurance

Going the distance on vision care: 4 ways to stretch your benefits



Quick: Name three important facts about your vision benefit. We'll wait.

The less you know about your vision benefit, the more likely it is you are missing out on unexpected perks. We're talking beyond annual eye exams and prescription lenses, here. A good vision carrier can offer a mobile app to make appointments and find the nearest doctor, provide educational materials to recognize often-

Relate 5 easy ways to stretch your vision benefits clearly

See Life to the Fullest Quiz

See if you have a keen insight into these visionary legends' minds by challenging yourself with our See Life to the Fullest Quiz.

Drag and place the famous name to his or her quote.

“It's not what you look at that matters, it's what you see.”

Henry David Thoreau

Theodore



30

E

Knowledge is power – and that's true for your vision benefits, too. Let's break down a few ways you can save even more while taking care of your eyes.

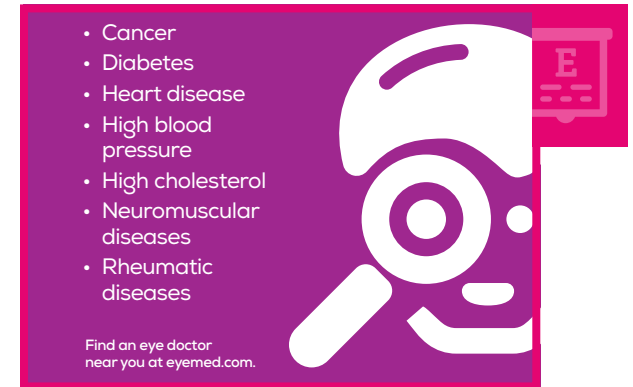
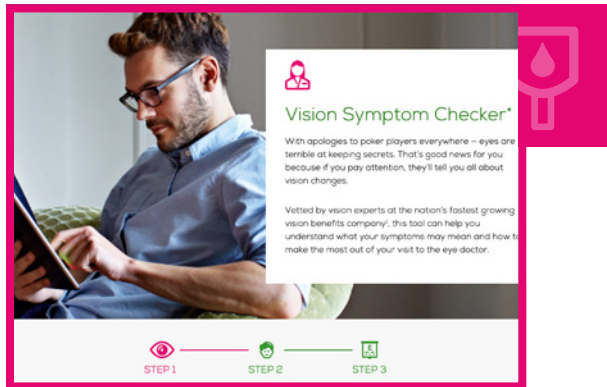
The giants of history knew the value of great vision. Challenge yourself and see if you can match the quote to the legendary speaker.

Whether or not you think your eyesight has changed, eye exams can spot early signs of serious health conditions. Here's the nudge you need to make an appointment.

November

Early detection is key

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Are your eyes acting up? This tool can help you understand what your symptoms could mean so you can make the most of your eye exam.

Anyone with diabetes knows how important it is to take good care of yourself. Vision care is part of that, even if you're just at risk. This video shows how eye exams can help.

Eye exams are about so much more than focusing on a big letter E. They can help detect signs of a long list of serious health problems. Now is the right time to talk to your eye doctor and make sure.


December

See better, hear better, feel better

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Social sense: When vision and hearing make it hard to connect



Close your eyes and think of your favorite holiday. Let it sink in. Chances are you can recall specific sights, sounds, tastes and smells. It's a sensory feast. But, what if one of your senses has changed? What if you notice it's harder to see in candlelight? Or, maybe you can't hear the entire conversation at the end of the dinner table. Sometimes the evolution is slow, so we don't notice differences in how

Relate
A Woman
Vision Help

Quiz: What is your hearing age?

Never 1-2 3-5 6+

4+ How difficult is it to understand conversations in restaurants?*


1	2	3	4	5
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Not Difficult Very Difficult

5+ How would those around you rate the volume you listen to television?*

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The smoking gun: How cigarette smoke affects eyes and ears



Smoking can impact how well you see and hear

Here's a hazy side effect of smoking everyone should see clearly. It could diminish your ability to see – and hear – life to the fullest. Fortunately, both also can be remedied with routine exams. Smokers are 70% more likely than nonsmokers to

Relate
Social see
and hear
to connect

Not being able to see or hear clearly can get in the way of a full life. What if one or more of your senses are changing? Learn a few strategies for making communication easier.

Hopefully, you've had an eye exam this year – what about a hearing test? This simple quiz will tell you whether you should think about making an appointment.

Did you know that smoking can diminish your ability to see and hear? In fact, vision exams can detect smoking-related illness. Here's how.