

Don't overlook your

# EYE CARE

You may be tempted to forego eye exams if you've never worn glasses or contact lenses. But keeping your eyes healthy is just as important as caring for the rest of your body. And if it's been a while since your last exam, you might not realize how in-depth they can be.

## Abbreviations

od - right eye

os - left eye

ou - both eyes



## Pupil Gage (mm)



20 | 20   20 | 25   20 | 30   20 | 40   20 | 50   20 | 60

## 7 common disorders eye exams can reveal

Eye disorders can go undetected for a long time without preventive eye care, especially since many conditions have no early symptoms.

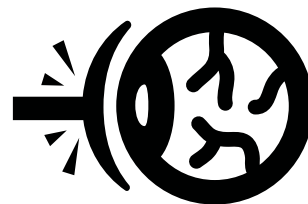
During an eye exam, you may be evaluated for:

### Vision problems

Often, people think their vision is fine, but after getting a pair of glasses or contact lenses the world comes into better focus.

### Dry eye

When the eye doesn't produce tears properly, or when tears are not of the correct consistency and evaporate too quickly, dry eye may be the culprit.



### Glaucoma

Glaucoma is a group of diseases that can damage the eye's optic nerve, resulting in vision loss and blindness.

### Cataracts

Cataracts can cause vision to be cloudy or blurry and colors to be faded.

### Age-related macular degeneration

AMD gradually destroys sharp, central vision, which is needed for seeing objects clearly and for reading and driving.

### Diabetic retinopathy

DR – progressive damage to the blood vessels of the retina – is a common complication of diabetes and the leading cause of blindness in American adults.

### Other diseases

Even high blood pressure and diabetes can be detected through an eye exam.



A yearly eye exam may be covered by your health insurance. Visit [umar.com](https://www.umar.com) to review your benefits.

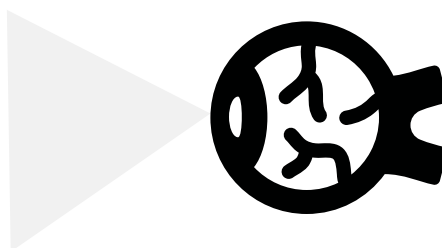
# Eye exam expectations

**1** You'll be asked about any symptoms to help determine what tests the eye doctor will perform. So be honest and thorough about any problems you're having – whether they seem eye-related or not. You'll also be asked about your and your family's medical histories.

**2** The eye doctor will use a reading chart to measure how clearly each eye is seeing (your "visual acuity"). The eye doctor may also perform tests that evaluate:

- Depth perception
- Color vision
- Eye movement
- Peripheral vision
- How your pupils respond to light
- How well your eyes work together to see a clear single image in unison
- The curvature of your cornea
- The lens power you need to make up for any nearsightedness, farsightedness or astigmatism

**3** You'll likely be given numbing drops so your eye pressure can be measured to test for glaucoma, and eye drops to dilate (enlarge) your pupils so it's easier to see inside your eye. While your eyes are dilated, your vision will be blurry, and your eyes will be sensitive to light for a few hours, so bring a pair of sunglasses to wear after your exam. You'll also need someone to drive you home.



**4** You may receive a diagnosis and recommendations for any follow-up exams or testing, treatments, or vision correction options (glasses, contact lenses or surgery).



## WHO WILL YOU SEE?

The following professionals may help you with your eye care needs:

### OPTOMETRIST

A health care professional who provides primary vision care ranging from sight testing and correction to the diagnosis, treatment and management of certain vision problems.

### OPTICIAN

Technicians trained to design, verify and fit eyeglass lenses and frames, contact lenses and other devices to correct eyesight. They use prescriptions supplied by ophthalmologists or optometrists.

### OPHTHALMOLOGIST

A medical or osteopathic doctor who specializes in eye and vision care. Ophthalmologists differ from optometrists and opticians in their levels of training and in what they can diagnose and treat. They can treat basic, as well as complex eye diseases, and perform surgery.

# Eye exam scheduling

Adults should have their eyes checked on this schedule if you're healthy and have no symptoms of vision problems:

AGE	SCHEDULE
20-40	5-10 years
40 to 54	2-4 years
55 to 64	1-3 years
65+	1-2 years

### Have your eyes checked more often if you:

- Wear glasses or contact lenses
- Have a family history of eye disease
- Have a chronic disease that puts you at greater risk of eye disease, such as diabetes

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<https://www.surveymonkey.com/r/QS32CYH>