



HEALTHY EYES FOR LIFE

Even if you have no signs, regular eye exams are recommended—especially for those with some chronic health conditions such as diabetes and high blood pressure. Early detection and treatment can be the key to preventing sight loss. The Health+ Vision Plan covers preventative exams!

Any changes in the appearance of your eyes or vision should be investigated further. Some examples include:

- Unusual trouble adjusting to dark rooms;
- Difficulty focusing on near or distant objects;
- Squinting or blinking due to unusual sensitivity to light or glare;
- Change in color of iris;
- Red-rimmed, encrusted or swollen lids;
- Recurrent pain in or around eyes;
- Double vision;
- Dark spot at the center of viewing;
- Lines and edges appear distorted or wavy;
- Excess tearing or "watery eyes";
- Dry eyes with itching or burning; and
- Seeing spots, ghost-like images.

<http://www.preventblindness.org>

Visit <https://www.myuhcvision.com/members/index.jsp>
or 800-638-3120 to find a provider near you

