Look into your health

With regular eye exams, you can see far beyond whether you need eyeglasses.

Your eyes are more than “windows to your soul,” they are windows into your body’s health. When looking deep into your eyes, eye doctors can see the signs of several diseases and help avert a variety of disabilities. So, you should look into a vision plan for yourself and your family, with an eye toward seeing better health.

Talk to your employer or your broker about the Blue Shield vision coverage available to you.

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**80%**

**Percentage of Vision Loss That Is Preventable**

**60%**

**Percentage of Students Identified as “Problem Learners” Who Have Undetected Vision Problems**

**16 Million**

**Estimated Number of Americans Who Have Uncorrected Vision Problems**
PERCENTAGE BY WHICH RISK OF DIABETIC BLINDNESS CAN BE REDUCED WITH EARLY DETECTION, TIMELY TREATMENT, AND FOLLOW-UP CARE\(^4\)

NUMBER OF AMERICANS VISUALLY IMPAIRED OVER AGE 40

3.4 MILLION

THIS NUMBER IS EXPECTED TO DOUBLE BY 2030 UNLESS CORRECTIVE ACTIONS ARE TAKEN\(^5\)

GLAUCOMA – THE SILENT THIEF OF SIGHT –

3 MILLION AMERICANS HAVE GLAUCOMA – WHICH CAUSES BLINDNESS – BUT ONLY HALF KNOW THEY HAVE IT\(^4\)

AN EYE EXAM CAN SAVE YOUR LIFE

EYE EXAMS MAY BE LIFE-SAVERS

THE EYE IS ONE PLACE WHERE YOUR DOCTOR CAN HAVE AN UNOBSTRUCTED VIEW OF BLOOD VESSELS, NERVES, AND MORE, AND DETECT:

– DIABETES –
– HYPERTENSION –
– HEART DISEASE –
– HIGH CHOLESTEROL –
– CANCER –
– AUTOIMMUNE DISEASE –

1 “Blindness and vision impairment,” World Health Organization, October 2018.
4 EyeCare America, foundation of the American Academy of Ophthalmology, eyecareamerica.org.
5 “Why is Vision Loss a Public Health Problem?,” September 2015, cdc.gov.