

# Your eyes are a window to overall health and wellness

Besides measuring your vision, routine eye exams\* are a simple, non-invasive tool that can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol.<sup>1</sup>

And because early detection is key for treatment, regular eye examinations\* play a vital role in a healthy life.

## The importance of good vision care is clear to see at every age:

- 80% of learning in a child's first 12 years comes through the eyes. Up to 25% of school-age children may have vision problems that can affect learning.<sup>2</sup>
- 5.3 million U.S. adults have diabetic retinopathy, which is the number one cause of blindness in Americans 18 and older.<sup>3</sup> 50,000 people lose their sight each year even though half of all causes of blindness can be prevented with proper care.
- 2.7 million U.S. adults over 40 have glaucoma, which is a leading cause of blindness. And 24.4 million U.S. adults over age 40 have cataracts, which can result in double or blurred vision.

For benefit questions, contact the customer care center by calling **844-848-7090** Monday through Saturday from 6:30 a.m. to 10 p.m. CST and Sunday from 10 a.m. to 7 p.m. CST, or visit [eyemed.com](http://eyemed.com).



\*Exams may not be covered by your vision plan, but may be covered by health insurance.

<sup>1</sup>American Academy of Ophthalmology, "Frequency of Ocular Examinations," 2009.

<sup>2</sup>Vision Council, February 2012 Parent for Child Report.

<sup>3</sup>Centers for Disease Control and Prevention, 2015

Connect With Us



[www.deltadentalwi.com](http://www.deltadentalwi.com)

SS334-1709