

1	5	200 FT 61 M
2	R E A	100 FT 30.5 M
3	S O N S	70 FT 21.3 M
4	F O R Y O U R	50 FT 15.2 M
<hr style="border: 2px solid red;"/>		
5	A N N U A L E Y E E X A M	40 FT 12.2 M
<hr style="border: 2px solid green;"/>		



An annual eye checkup is a simple, low-stress way to keep tabs on your eye and overall health.
Here are a few things your optometrist will be looking for:

GLAUCOMA

Glaucoma has been called, “the silent thief of sight” because too often, it goes unnoticed before too much damage is done to save vision. It’s caused by too much pressure in the eyes. When doctors catch it early, they can often manage it effectively and prevent vision loss.

CATARACTS

Cataracts are a nearly unavoidable part of aging. Over time, the lens in the eyes can get cloudy and yellow. But, updated eyewear prescriptions can often delay surgery, which is easy and low-risk.

DIABETIC RETINOPATHY

This affects diabetic patients and can rob sight. The tiny blood vessels in the eye that feed the retina become damaged and allow fluids to seep into the eye. Treatment includes changes in diet and exercise, and also surgery.

REFRACTIVE ERRORS

Vision usually changes and worsens with age. A yearly checkup will help keep vision sharp with updated eyewear prescriptions.

AGE-RELATED MACULAR DEGENERATION (AMD)

This is the leading cause of blindness among older adults but, early detection and treatment can slow its progress significantly. There are a couple different types of AMD. The type determines the treatment – ranging from laser surgery, medication or dietary supplements to slow the disorder.

Given all these advantages, it makes good sense to keep that yearly appointment with the optometrist! Need to find an optometrist near you? Search the Care N’ Care(HMO/PPO) online provider directory (<https://www.cnhealthplan.com/find-a-vision-provider/>) for an Optometry specialist near you, or call your Healthcare Concierge for assistance.