

June 17, 2020

## June is Cataract Awareness Month

### What is Cataract?

Inside our eyes, we have a natural lens. The lens bends (refracts) light rays that come into the eye to help us see. The lens should be clear. If you have a cataract, your lens has become cloudy. It is like looking through a foggy or dusty car windshield. Things look blurry, hazy or less colorful with a cataract.

### Symptoms of Cataracts:



Cloudy or blurred  
vision



Discolored vision



Impaired night  
vision or glare



Double vision



Frequent need for  
new prescription

### Ways to Prevent Cataracts:



Eat Healthy



Quit Smoking



Protect Eyes  
from the Sun



Yearly Eye Exams

Sight provides much pleasure, but it's also an important part of staying safe and independent. Take advantage of your vision coverage, click here for an overview of your vision benefits.

Review your plans [Evidence of Coverage](#) for full details. Locate a vision provider by visiting the [Care N' Care website provider search](#). **Your eyes deserve good care and attention!**

POWERED BY  
**eye  
Med**

Reference source: American Academy of Ophthalmology, AAO.org. Care N' Care is an HMO and PPO plan with a Medicare contract. Y0107\_20\_330\_C