

2021 VISION HEALTH RESOURCE CALENDAR

eye
Med

There's something
to see all year long



January

It's a new year. It's a new you.

Click on the titles below to access each resource

• Back to Caring for your eyes | • Back to Uncategorized | • Back to Vision Technology

Your vision and the rundown on 'digital detox'




It may not involve food or drink, but the latest detoxification trend sweeping the globe does involve something most of us consume in excess – and it hits us square in the eyes.

It's called digital detox, and some may think of it as the ultimate luxury. More people, seeking to reclaim a life balance, are taking a break from digital devices for reasons that range from distraction-free family time to improved eye health.

Relate
When dust eyes – a to workplace
A sport-h

Look through the lens of common eye conditions



MACULAR DEGENERATION

What is it?
Macular degeneration is the leading cause of eye blindness for people over 50 and affects more than 10 million Americans! While poor nutrition and cataracts combined, it's caused by the deterioration of the central portion of the retina. You may not be aware of it until you notice slight changes in your vision or until it's advanced during late-stage. You can reduce your risk and possibly slow the progression of this condition by being a healthy diet, exercising, quitting smoking and protecting your eyes from ultraviolet light.

WHAT IS IT?

HOW IS IT DETECTED?

[Go Back](#)

May

Healthy Vision Month

May 9-15
READING IS FUN WEEK
Exam more for when you dial down artificial blue light from devices and read an actual book.

May 21
NATIONAL HERO DAY
Plan to self-schedule an eye exam.

350+
There are more than 350 hereditary eye diseases!

23+ million
More than 23 million American adults have never had an eye exam.*

A fingerprint has 40 unique characteristics. Also has 250!

"Life begins at 40 – but so do fallen arches, rheumatism, faulty eyesight, and the tendency to tell a story to the same person, three or four times."
–Helen Rowland

* "Hereditary Ocular Diseases" Research to Prevent Blindness, rpbuss.org accessed Dec 2018. * "Healthy Vision Month Fact Sheet" National Eye Institute, nia.nih.gov accessed Dec 2018. * "2018 Facts About the Amazing Eye" discovereye.org Jun 10, 2014.

More people are taking a break from digital devices to avoid blue light and reduce eye strain. Here are some eyewear tips for reducing your exposure to blue light.

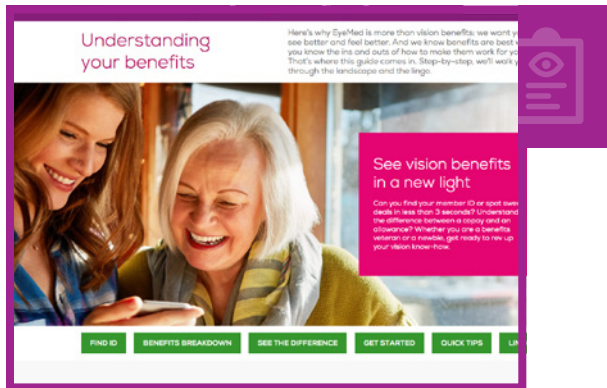
Ever wonder what it's like to live with glaucoma or cataracts? Try a vision simulation of common eye diseases and learn a few new habits to help prevent them.

Eye health is important every day – not just at exam time. Make it a priority all year long with a calendar that commemorates days, weeks and months that focus on vision.

February

The ins and outs of vision benefits

Click on the titles below to access each resource



Understanding your benefits

Here's why EyeMed is more than vision benefits: we want you to see better and feel better. And we know benefits are best when you know the ins and outs of how to make them work for you. That's where this guide comes in. Step-by-step, we'll walk you through the landscape and the lingo.

See vision benefits in a new light

Can you find your member ID or spot some needs in less than 2 seconds? Understand the difference between a copay and an allowance? Whether you are a benefits veteran or a newbie, get ready to re-up your vision know-how.

FIND ID BENEFITS BREAKDOWN SEE THE DIFFERENCE GET STARTED QUICK TIPS LINK



the lens guide to lens

all your lens choices? Not the best technology is all about? will help make you a lens pro in no time.

STORY BELOW

SPES LENS MATERIALS LENS ENHANCEMENTS



How to choose an eye doctor

It may be human nature to surround ourselves with people who see things the way we do. But we should also include a few who see things a little differently. This applies especially to your eye doctor. The person you choose to provide your annual eye exam should be as much an ally as an expert. Above all, he or she should be able to tell you what you need to know about your vision health.

EyeMed's Enhanced Provider Search

Find an eye doctor using search

Related Posts

- Need Help Finding the Right Eye Doctor for You?
- Have Your Kids Seen the Eye Doctor This Year?
- Contact? Here's What to Ask Your Eye Doctor

What's a copay? How exactly do discounts and allowances work? This quick review answers these and other common questions to help you understand your vision benefits – step by step, inside and out.

Technology has left consumers with more choice—sometimes more confusion—than ever. Check out this handy guide and explore the many advances of today's eyewear lenses.

There's a lot to consider when choosing the right eye doctor. Use these tips for where to start your search and what to look for.

March

Protect those hard-working peepers

Click on the titles below to access each resource

[← Back to Article Archives](#)

Put Vision Safety to Work

No matter what you do, protecting your eyes is an important part of your job.

No matter where you work—in a factory, laboratory, construction site or office—workplace eye injuries can and do occur. Every day, more than 2,000 American workers suffer an eye injury that requires medical attention.¹ And nearly a million Americans have lost some of their sight due to an eye injury.² According to the Bureau of Labor Statistics, these injuries account for more than \$300 million in lost time, medical expenses and worker compensation.³ The good news is that most workplace eye injuries are preventable. But different types of jobs call for different ways to protect your eyes. It's important to know what works best for your occupation.


It's estimated 90 percent of workplace injuries could be avoided with the proper use of safety eyewear.

Source: Prevent Blindness America, "Workplace Eye Safety," 2010.



[← Back to Vision Guides](#)

When dust gets in your eyes – a to-do list for workplace vision safety




We've heard of taking the red-eye home from a business trip. But for roughly 2,000 people every day, red-eye can be a regular work floor occurrence.

That's roughly the number of U.S. workers who sustain daily job-related eye injuries that require medical attention, according to the National Institute for Occupational Safety and Health.¹ The causes of these injuries can range from flying wood chips to infections, or be as typical as dust. If you've ever had so much as an eyelash in

Related Post
Put Vision Safety to Work
A sport-by-sport guide to protecting your eyes.

[Make a Date for](#)



BEST FOR THE WEARY



20-20-20 Vision Challenge

Give your tired eyes a regular break from screen time with this easy challenge. It literally takes seconds to do.

WHY
To keep your eyes strong, vision experts suggest looking up from your computer every 20 minutes at something 20 feet away for 20 seconds. 20-20-20. Simple, right?

WHERE
"Monitor" your screen starting by taping this tracking sheet to the side of your computer monitor—it makes a great reminder, too.

HOW
Every time you do a 20-20-20 move, just mark the sheet. When it's full, start another one. How many can you collect?

20 MINUTES
20 FEET
20 SECONDS



Every day, 2,000 American workers suffer an eye injury—and most of them are preventable.¹ When hazards are part of the job, it helps to know how to best protect your eyes.

Flying wood chips, infections, dust and moving objects all pose a risk to eyes at work. Explore 10 ways to keep yours safe, including what to wear and how vision benefits can help.

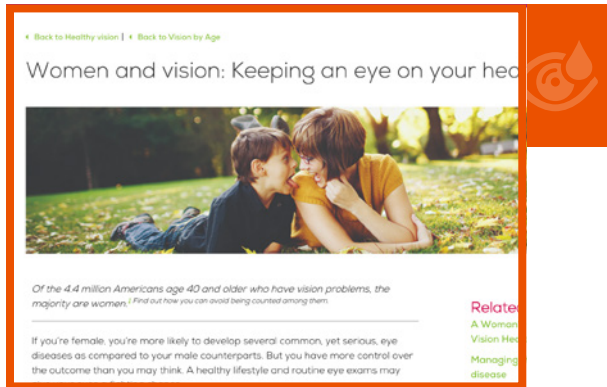
Low maintenance, easy to do, and motivating—everything you'd want in a workplace vision challenge. One simple concept helps you build long-term healthy vision habits at your own pace.

¹American Optometric Association. <http://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision?sso=y>

April

Women's health takes center stage

Click on the titles below to access each resource



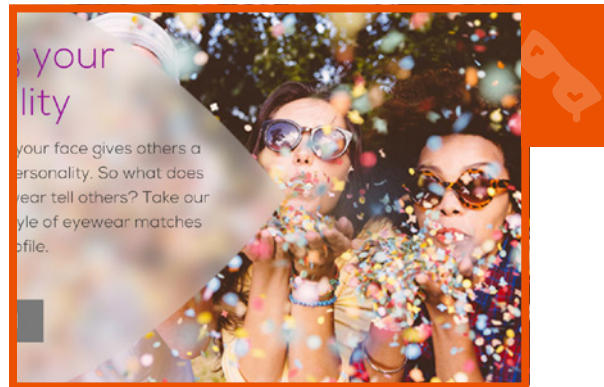
• Back to Healthy vision | • Back to Vision by Age

Women and vision: Keeping an eye on your health

Of the 4.4 million Americans age 40 and older who have vision problems, the majority are women.² Find out how you can avoid being counted among them.

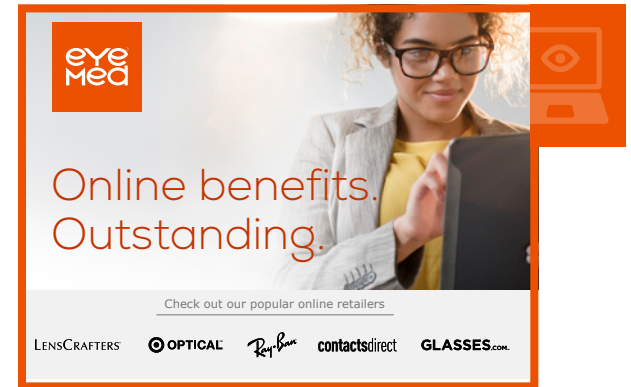
If you're female, you're more likely to develop several common, yet serious, eye diseases as compared to your male counterparts. But you have more control over the outcome than you may think. A healthy lifestyle and routine eye exams may

Related: A Woman's Vision Health: Managing eye disease



Your personality

Your face gives others a personality. So what does your eyewear tell others? Take our quiz to see which style of eyewear matches your personality profile.



eyeMed

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Women are more likely than men to develop many common, but serious eye diseases. Knowing what to look for and a healthy lifestyle can give your eyes a fighting chance.²

Your choice of eyewear says a lot about you. Are you quiet and intelligent or creative and romantic? Or all four? Take our quiz to see which style of eyewear matches your personality profile.

Did you know you can apply your vision benefits to online purchases, too? It's a real time-and-money saver. Get the scoop on how (and where) it works.

**We have plenty of email templates to get the word out. Connect with your account manager for details.*

² "More Women than Men Have Eye Disease", PreventBlindness.com


May

Better nutrition for better vision

Click on the titles below to access each resource


Back to Article Archives

Feast Your Eyes on Antioxidants



Enjoy a healthy helping of these eye-friendly nutrients.
Antioxidants. The magical, mysterious molecules are said to enhance the quality of life. Imagine antioxidants are like air. We can't see them, but they are always there and if there is a shortage, our bodies can be adversely affected.
We are told to eat foods chock-full of antioxidants such as leafy greens, legumes,

Related Articles
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SERVES 4
TIME 30 min
DIFFICULTY Easy
EYE-FRIENDLY
INGREDIENTS
Carrots, kale

Ingredients

VEGETABLES
1 1/2 cups broccoli
8 cups broccoli florets
2 cups Brussels sprouts
4 cups kale
2 cups blanched green beans
1 cup snap peas
2 cups cauliflower florets
8 grape tomatoes

Drizzle
2 cups sour cream
1/4 cup greek yogurt
1/2 tsp onion powder
1/4 tsp black salt
1/4 tsp finely ground carrots
1/4 tsp black pepper
Pinch of salt to taste
Freshly ground pepper

Holly jolly holiday wreath platter

A carrot-sprinkled dip, infused with beta carotene and encircled in a potpourri of fresh vegetables

- 1 Fill a large pot with water and bring to a boil. Nestle in the whole grapevine on its side.
- 2 In boiling water, blanch broccoli for 1-2 minutes, remove with a draining colander and chill in the ice bath. Repeat with Brussels sprouts, green beans and snap peas.
- 3 Once all blanched veggies are chilled, set them aside and let dry.
- 4 On the platter, arrange kale in a full circle around the edges, with the stems pointing in.
- 5 Top the kale with broccoli in a full circle, followed by the Brussels sprouts, green beans, snap peas and cauliflower.
- 6 Use the grape tomatoes to create small garlands that resemble holly.

WATCH VIDEO

American Ophthalmic Association. Lutein and Zeaxanthin - Eye-Friendly. Accessed June 1, 2018. [US National Library of Medicine. National Institutes of Health. National Eye Institute. Carotenoids for Eye Health. Accessed June 1, 2018.](#)



Did you know that antioxidants are good for vision while they help prevent diseases like cancer or heart disease? See how 6 eye-friendly nutrients can help you see well and live well.

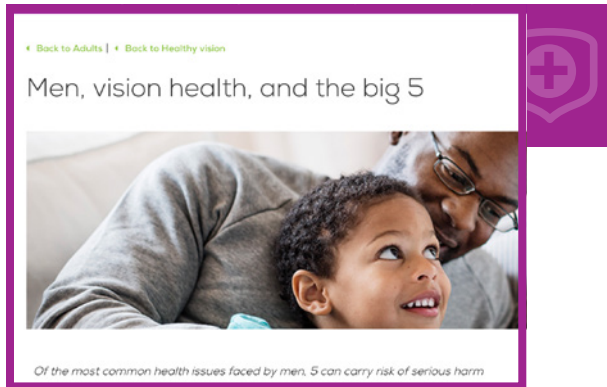
Treat yourself to a special breakfast that not only tastes good, but is good for your eye health. Try this easy recipe that's full of vitamin C and antioxidants—ready in 20 minutes.

Celebrate Healthy Vision Month with a collection of greatest hits from our vision-boosting recipe files. Delicious and nutritious, simple and snappy—eat for eye health all month long.

June

Setting your sights on men's health

Click on the titles below to access each resource



◀ Back to Adults | ▶ Back to Healthy vision

Men, vision health, and the big 5

Of the most common health issues faced by men, 5 can carry risk of serious harm



In living color

Most people who are considered blind have a color vision deficiency means they can see colors, but see them a little differently. Colors look faded or dull, or two different colors could look very similar. This happens because the cones in the eye, which are one or more of the light-sensitive pigments. Genetics are typical blame, but sometimes age, disease, or medication can be the culprit.



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\$50 OFF purchases of \$200+ at Sunglass Hut**

● sunglass hut

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It's easy to share this special offer.

CLICK TO DOWNLOAD

- [OFT_email](#) (download and open with Outlook to send)

5 of the most common men's health issues can also impact vision. Learn how these diseases can damage eyesight and what can be done to avoid them.

Men are 5 times more likely than women to have the most common form of color blindness. Take a quick screening test and see what color deficiency looks like.³

Protecting your eyes from the sun looks cool in any season. You'll have it made in the shade with this members-only offer from Sunglass Hut®.

**We have plenty of email templates to get the word out. Connect with your account manager for details.*

³ "Facts About Color Blindness", National Eye Institute.

July

Protecting your vision is no game

Click on the titles below to access each resource

See Your Way to Sharper Sports Performance

Want to play better? Focus on your vision skills.

Good vision skills are necessary for a lot of sports, both competitive and non-competitive. Even at practice, it's important to see well to get the best results from your hard work.

Don't underestimate a visual problem, even if you think it's of little importance. Your

Related Articles:
Worsening Vision
Kid-Friendly Eye Exams
Eye Vision

Healthy contact lens habits

More than 40 million Americans use contact lenses, but many are guilty of at least one bad lens behavior. The potential risk for infections. Whether you are just started wearing them last week, it is not too late to do and not to do when it comes to your eye health.

Contact lens don't's

Follow these contact lens don't's to protect your vision. Infrequent lens behavior are no joke. Vision loss. Stay on top. Don't forget to visit your eye doctor.

SCHEDULE AN EYE EXAM

Eye safety checklist

For sports of all sorts

Athletes in all sports, on all levels, of all ages depend on their eyesight to perform. But you never know which way that crazy ball is gonna bounce. Knowing how to protect your eyes can help you enjoy the game—and the vision—you love so much.

	CAUTION	PROTECTION	SKILL BUILDING DRILLS
Baseball	Wild pitches, thrown bats, pop flies	Face guard, eye guard	Tape words to a bouncing ball and see if you can read them (dynamic acuity).
Basketball	Elbows, fingers, basketballs	Eye guards	Watch TV with your head turned to one side (peripheral vision).
Football	Fingers, loose equipment	Eye guards, face guard	Play a kid's memory matching game and focus on improving your speed

Nearly every sport has one thing in common—to play it well, you need to see well. But each sport uses different types of vision skills. Discover the differences and what they can add to your game.

80% of contact lens wearers are guilty of at least one bad contact lens habit.⁴ Here's a quick primer on how to take care of your lenses and protect your eyes.

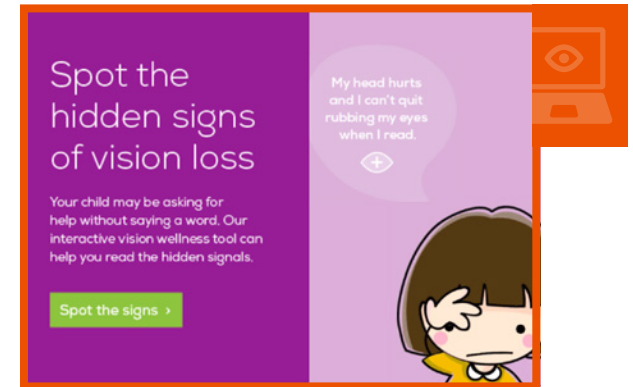
Athletes of all ages are focusing on safety these days. Eye safety should be part of the picture. Next time you hit the field or gym, make sure you check these boxes.

⁴ "Morbidity and Mortality Weekly Report (MMWR)." Centers for Disease Control and Prevention, 17 Aug, www.cdc.gov/mmwr/volumes/66/wr/mm6632a2.htm#contribAff.

August

Back to school eye health

Click on the titles below to access each resource



80% of learning comes through the eyes, but 1 in 4 children have a vision problem. Make sure they're ready to see success with this back to school checklist.⁵

These tasty snacks pack a powerful punch when it comes to eye-healthy nutrients like vitamin E and antioxidants—and best of all, they're easy to make.

Your kid's vision can change a lot while they're growing up—and it's not always obvious. You can spot the signs if you know what to look for. This is the perfect time to start reading the signals.

**We have plenty of email templates to get the word out. Connect with your account manager for details.*

⁵ "Children's Vision and Eye Health: A Snapshot of Current National Issues"; National Center for Children's Vision & Eye Health; accessed July 2017.


September

It's open enrollment season

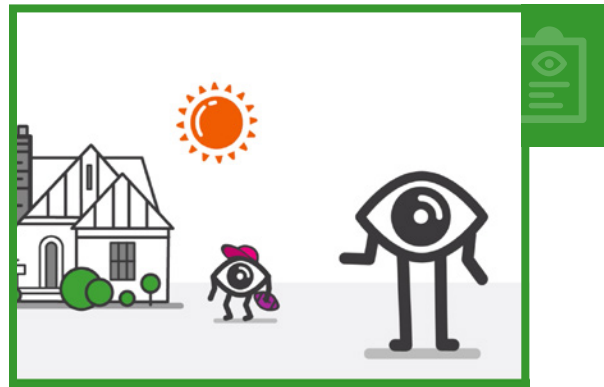
Click on the titles below to access each resource

Ask the doctor

At EyeMed, we are listening to your concerns. That is why we decided to take some of the most common questions we receive and ask our doctors directly. Questions like, when should your children have their first eye exam? Or, how can an eye doctor see other health concerns by just looking into your eyes? If you don't see your question in any of the videos, look below for other frequently asked questions.



Video transcript: What is a doctor looking for during an eye exam?
Video transcript: What can a doctor see when he or she looks into a patient's eyes?
Video transcript: Why is it important to wear sunglasses?



Open Enrollment

Empower employees – help them enroll

Downloads

- Open enrollment brochure
- Reasons to love EyeMed Open Enrollment flyer
- Open enrollment booklet
- Open Enrollment Wellness Sign
- Vision Correction Sign
- Open enrollment password
- Open enrollment email
- ID sign article

SPANISH DOWNLOADS

- Open enrollment brochure
- Spanish open enrollment flyer

There's value for everyone in vision benefits, even for those who don't need prescription eyewear. Our Ask the Doctor video series explains how to save money and stay healthy.

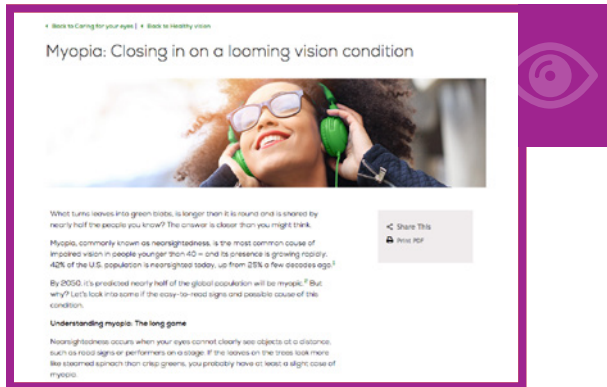
Let LevEye, our vision benefits concierge, help you see things more clearly with a quick quiz that gets to the heart of whether vision benefits may be right for you and your family.

Employer exclusive: Use any (or all) of our self-service resources to promote vision benefits and make open enrollment a breeze. Choose from customizable templates, ready-to-go materials and shareable videos.

October

Seeing life to the fullest

Click on the titles below to access each resource



Myopia: Closing in on a looming vision condition

What turns leaves into green balls, is larger than it is round and is shared by nearly half the people you know? The answer is closer than you might think.

Myopia, commonly known as nearsightedness, is the most common cause of impaired vision in people younger than 40—and its prevalence is growing rapidly. 42% of the U.S. population is nearsighted today, up from 25% a few decades ago.¹

By 2050, it's predicted nearly half of the global population will be myopic.² But why? Let's look into some of the easy-to-read signs and possible cause of the condition.

Understanding myopia: The long game

Nearsightedness occurs when your eyes cannot clearly see objects at a distance, such as road signs or performers on stage. If the roads on the road look more like smeared signs than crisp greens, you probably have at least a slight case of myopia.

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See Life to the Fullest Quiz

See if you have a keen insight into these visionary legends' minds by challenging yourself with our See Life to the Fullest Quiz.

Drag and place the famous name to his or her quote.

“It's not what you look at that matters, it's what you see.”

Henry David Thoreau
Theodore



30

E

Myopia—aka nearsightedness—is a vision condition that may be closer than you think. Here's a look at how to spot it, how to treat it, and why it's becoming more common.

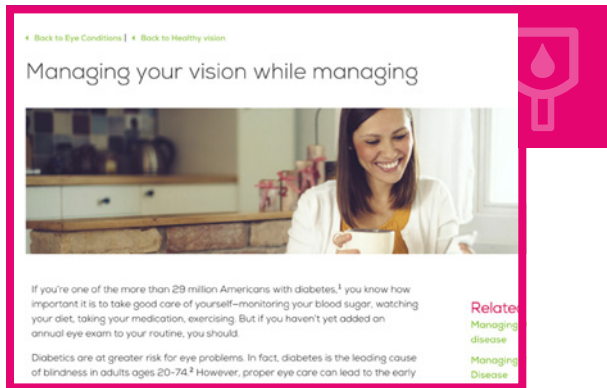
The giants of history knew the value of great vision. Challenge yourself and see if you can match the quote to the legendary speaker.

Whether or not you think your eyesight has changed, eye exams can spot early signs of serious health conditions. Here's the nudge you need to make an appointment.

November

Early detection is key

Click on the titles below
to access each resource



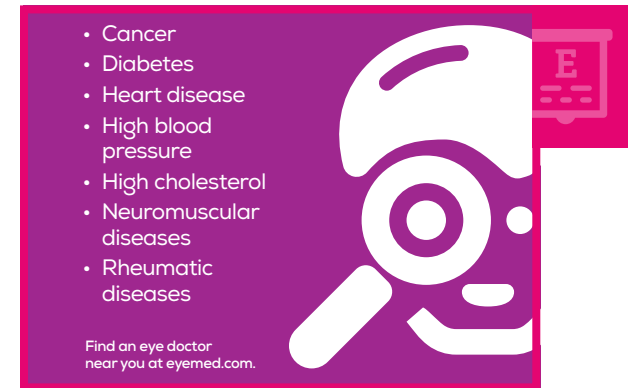
• Back to Eye Conditions | • Back to Healthy vision

Managing your vision while managing

If you're one of the more than 29 million Americans with diabetes,⁶ you know how important it is to take good care of yourself—monitoring your blood sugar, watching your diet, taking your medication, exercising. But if you haven't yet added an annual eye exam to your routine, you should.

Diabetics are at greater risk for eye problems. In fact, diabetes is the leading cause of blindness in adults ages 20–74.⁶ However, proper eye care can lead to the early

Relate
Managing
disease
Managing
Disease.



- Cancer
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Neuromuscular diseases
- Rheumatic diseases

Find an eye doctor near you at eyemed.com.

If you're one of 29 million Americans with diabetes, you're at higher risk for eye problems.⁶ Learn how an annual eye exam can detect changes in vision and why it should be added to your care plan.

Anyone with diabetes knows how important it is to take good care of yourself. Vision care is part of that, even if you're just at risk. This video shows how eye exams can help.


Eye exams are about so much more than focusing on a big letter E. They can help detect signs of a long list of serious health problems. Now is the right time to talk to your eye doctor and make sure.

⁶ "2017 National Diabetes Statistics Report"; National Center for Chronic Disease Prevention and Health Promotion; Division of Diabetes; 2017.

December

See better, hear better, feel better

Click on the titles below
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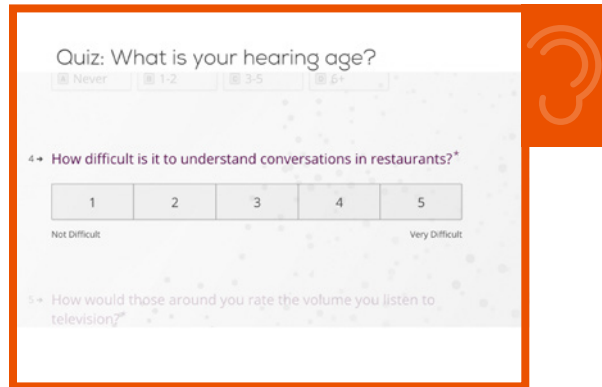


• Back to Healthy vision | • Back to eSIGHTS articles

Social sense: When vision and hearing make it hard to connect

Close your eyes and think of your favorite holiday. Let it sink in. Chances are you can recall specific sights, sounds, tastes and smells. It's a sensory feast. But, what if one of your senses has changed? What if you notice it's harder to see in candlelight? Or, maybe you can't hear the entire conversation at the end of the dinner table. Sometimes the evolution is slow, so we don't notice differences in how

Relate
A Woman
Vision Help



Quiz: What is your hearing age?

Never 1-2 3-5 6+

4+ How difficult is it to understand conversations in restaurants?⁷

1	2	3	4	5
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Not Difficult Very Difficult

5+ How would those around you rate the volume you listen to television?⁷



Not hearing like you used to?

6 quick tips for easy communication

eyeMed
amplifon

62% of communication is non-verbal

LISTEN WITH YOUR EYES
Give the speaker your full attention. Watch for visible speech

BE HONEST
Tell your family and friends about your hearing loss.

Not being able to see or hear clearly can get in the way of a full life. What if one or more of your senses are changing? Learn a few strategies for making communication easier.

Hopefully, you've had an eye exam this year—what about a hearing test? This simple quiz will tell you whether you should think about making an appointment.

If you have trouble hearing, you could be missing out on a lot. But most communication is visual, so good vision can still help.⁷ Here are some quick tips to help you stay in the conversation.

⁷ Pease, Alan and Barbara; "The Definitive Book of Body Language"; (2006, Sept 24); New York Times; <https://www.nytimes.com/2006/09/24/books/chapters/0924-1st-peas.html>