



Vision

For more information, visit: [myuhcvision.com](https://myuhcvision.com)

**Eligibility: 20+ hour employees**  
**Paid by: Cost share Employee and CML**

## Healthy eyes start with a comprehensive eye exam



Eye problems are the second most common health concern in the United States. Adults between 18 and 60 years of age should get an eye exam every one to two years.<sup>1</sup> Illnesses such as diabetes or hypertension as well as a family history of eye illnesses like glaucoma can raise your chances of having vision problems.

Through a dilated eye exam, eye doctors can look inside your eye. This may show early signs of chronic illnesses. These signs can be seen in the eyes before other parts of the body are affected. This lets treatment start early, even before you know there is a problem. Eye doctors can help you find a primary care doctor to care for illnesses found during your exam. They are part of your team for ongoing care to watch for changes in your conditions.

### Quick facts:

- The eye is made up of muscles, nerves and blood vessels
- There is a direct connection between the eye and the brain
- Many diseases that affect muscle, nerve and circulatory systems will show up in the eye

Chronic conditions that may be found during an eye exam include:

Arcus  
Cataract  
Crohn's Disease  
Cytomegalovirus  
Diabetes  
Diabetic Retinopathy  
Glaucoma  
Graves' Disease  
Herpes Zoster  
High Cholesterol  
Hypertension  
Hypertensive Retinopathy  
Juvenile Rheumatoid Arthritis  
Lupus  
Lyme Disease  
Macular Degeneration  
Multiple Sclerosis  
Pseudotumor Cerebri  
Rheumatoid Arthritis  
Sarcoidosis  
Sickle Cell Anemia  
Sjogren's Disease  
Tumors

**Annual eye exams help detect and monitor:**

- Vision disorders (i.e. nearsighted, farsighted)
- Eye muscle coordination
- Eye diseases\*
- Warning signs or early identification of health conditions\*

\* Vision screenings have limitations and do not detect these items.

**Your symptoms could indicate something more**

If you have headaches, eye strain, or blurry vision a new eyeglass prescription could help. These issues could also be signs of more serious problem. Many medications can cause eye side effects. The only way to know for sure is to have a yearly eye exam.

**Schedule a comprehensive eye exam for you and your family.**



<sup>1</sup> www.aoa.org

UnitedHealthcare vision coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number VPOL.06.TX or VPOL.13.TX and associated COC form number VCOC.INT.06.TX or VCOC.CER.13.TX. Plans sold in Virginia use policy form number VPOL.06.VA or VPOL.13.VA and associated COC form number VCOC.INT.06.VA or VCOC.CER.13.VA..