

VISION HEALTH

*Star Tribune
Media Company, LLC*

DID YOU KNOW?

One preventative eye exam is covered at 100% each year under Star Tribune's medical plans.

Vision health plays an important role in our overall health. By visiting your vision provider, you can catch health problems early before they become painful or costly.

Tips to help you maintain healthy eyes

- Provide good lighting for reading, work or study.
- Adjust lighting — brightness on your computer screen and the light when you are reading.
- Eat well — add nutrients like omega-3 fatty acids, zinc, lutein, and vitamins C and E.
- Avoid smoke and smoking or other things that can irritate your eyes.
- Wear sunglasses.
- Use safety eyewear.
- Take a break from electronics — try the 20-20-20 rule. Every 20 minutes, you should look 20 feet away for at least 20 seconds to give your eyes a break.
- Remember to remove your contacts before going to bed.
- Take a moment to look at your eye makeup to see if its expired.

When should you have your eyes examined?

The American Optometric Association or AOA recommends the following for eye exams based on age but consult with your eye doctor to understand what schedule works best for your situation.

- Infants around six months then additional eye exam at age three and then at age five
- School age children (five years or older) should have an eye exam at least every two years if no vision correction is required.
- Adults should try to have one exam every year, but if not able the recommendation is:
 - Once in your twenties,
 - Twice in your thirties,
 - And again when you turn forty. Then you should work with your eye doctor on the frequency going forward.

During your exam, your provider will check for early signs and symptoms that may be linked to certain health conditions. They do this by checking the overall health of your eyes. Some conditions that can be detected by signs and symptoms:

- Near- or far-sightedness
- Diabetes
- High blood pressure
- High cholesterol
- Eye diseases like glaucoma and cataracts

For more information about your specific vision plan refer to your benefit guide or visit www.eyemed.com.



[Click here](#) to watch a short video about vision insurance.

