

Have you had your eyes checked lately?

August is National Eye Exam Month

Did you know more than half of all U.S. adults need corrective lenses?¹ Getting regular eye exams is one of the most important things you can do to keep your vision clear and healthy. **Your annual eye exam costs as little as \$10** when you choose a doctor from your BlueVision network.

An eye exam can:

Help you work better

Poor vision can cause headaches and eye strain and make it hard to read or concentrate. Regular eye exams help keep your vision sharp and keep you on task.

Catch eye disease early

Eye problems like glaucoma or macular degeneration may show no symptoms at first. Regular eye exams can catch eye diseases early, while they're still highly treatable.

Reveal other health issues

A close look at your pupil during an eye exam reveals nerves and blood vessels inside your body without expensive imaging or surgery. Because of this, your eye doctor can sometimes spot health conditions like diabetes, high blood pressure, high cholesterol and heart disease before symptoms appear.

National Eye Exam Month is a great time to take care of your vision

When's the last time you had your eyes checked? Don't wait!

This August, schedule a visit with an eye care professional. Then, tell someone you care about to schedule their checkup too!



Find an eye doctor

Visit floridablue.com and click on Find a Doctor. Or call 800-643-2847.

¹Source: The Vision Council, https://thevisioncouncil.org/sites/default/files/AlliedAssociation_letter.pdf

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