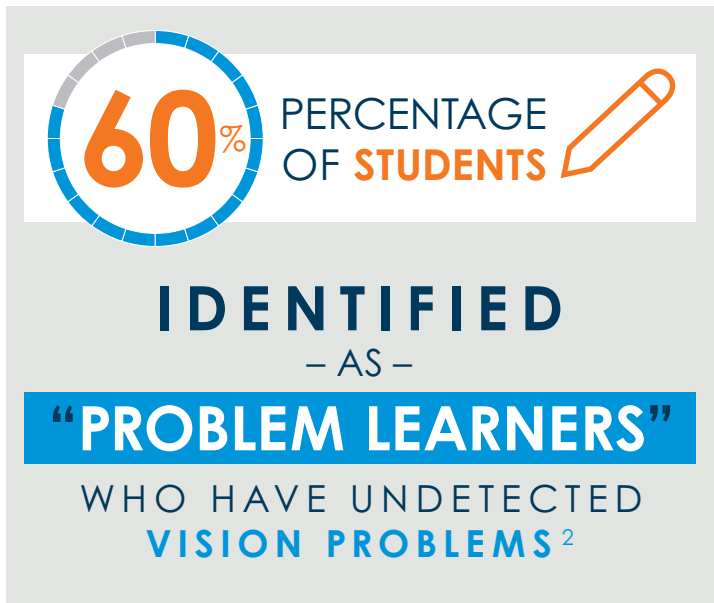dental     vision     life

# Look into your health

## With regular eye exams, you can see far beyond whether you need eyeglasses.

Your eyes are more than "windows to your soul," they are windows into your body's health. When looking deep into your eyes, eye doctors can see the signs of several diseases and help avert a variety of disabilities. So, you should look into a vision plan for yourself and your family, with an eye toward seeing better health.

**Talk to your employer or your broker about the Blue Shield vision coverage available to you.**

**80%**

PERCENTAGE OF VISION LOSS THAT IS **PREVENTABLE**[1]

**60%** PERCENTAGE OF **STUDENTS**

IDENTIFIED
– AS –
"PROBLEM LEARNERS"
WHO HAVE UNDETECTED VISION PROBLEMS[2]

**16 MILLION** ESTIMATED NUMBER – OF **AMERICANS** –

WHO HAVE UNCORRECTED **VISION PROBLEMS**[3]

blue california

**95%**

PERCENTAGE BY WHICH RISK OF **DIABETIC BLINDNESS** — CAN BE REDUCED — WITH **EARLY DETECTION**, **TIMELY TREATMENT**, AND **FOLLOW-UP CARE**[4]

NUMBER OF **AMERICANS** VISUALLY IMPAIRED

OVER AGE **40**

# 3.4 MILLION

THIS NUMBER IS **EXPECTED TO DOUBLE** BY 2030 UNLESS CORRECTIVE ACTIONS ARE TAKEN[5]

# GLAUCOMA
— THE SILENT **THIEF OF SIGHT** —

**3** MILLION **AMERICANS** HAVE GLAUCOMA

— WHICH CAUSES BLINDNESS — **BUT ONLY HALF KNOW THEY HAVE IT**[4]

AN EYE EXAM CAN SAVE **YOUR LIFE**

**EYE EXAMS MAY BE LIFE-SAVERS**

THE EYE IS ONE PLACE WHERE YOUR DOCTOR CAN HAVE AN UNOBSTRUCTED VIEW OF BLOOD VESSELS, NERVES, AND MORE, AND DETECT:[6]

— DIABETES —
— HYPERTENSION —
— HEART DISEASE —
— HIGH CHOLESTEROL —
— CANCER —
— AUTOIMMUNE DISEASE —

1  "Blindness and vision impairment," World Health Organization, October 2018.
2  "Good Vision Means Better Learning," American Optometric Association, aoa.org.
3  "Causes and Prevalence of Visual Impairment Among Adults in the United States," The Eye Diseases Prevalence Research Group, JAMA, Journal of the American Medical Association, 122(4); 477-485, 2004.
4  EyeCare America, foundation of the American Academy of Ophthalmology, eyecareamerica.org.
5  "Why is Vision Loss a Public Health Problem?," September 2015, cdc.gov.
6  "Your Eyes Could Be the Windows to Your Health," American Academy of Ophthalmology, 2014, aao.org; and "7 Health Problems Eye Exams Can Detect", yoursightmatters.com.

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