

TAKE GOOD CARE OF YOUR EYES



INTRODUCTION

Most people wait too long before making their optical appointment. Note that your optometrist can identify serious problems at a stage early enough to start treatment, especially conditions like glaucoma and diabetic retinopathy which can lead to blindness.

Make sure conditions like high blood pressure, high cholesterol, or diabetes are under control as these conditions can impact the health of your eyes. Other eye problems can include blurred vision, halos, blind spots and floaters. These problems can be a result of aging, medicine, diabetes or due to damage to the eye:



Blurred vision

Loss of sharpness of vision or not being able to see small details.



Blind spots

Dark “holes” in the visual field in which nothing can be seen.



Floaters

Bits of protein or other material that drift in the clear gel-like part of the eye.

Should your vision change or you experience any of these symptoms, even temporarily, then we recommend that you visit a professional as soon as possible.

Concerning symptoms that needs immediate attention includes a red, painful eye or pain in an eye; partial or total vision loss in one or both eyes; double vision; a feeling of a shade or curtain being drawn across your field of vision and any injury to the eye or the bone surrounding the eye.

Symptoms relating to normal visual problems which require an eye examination include trouble seeing at night or reading, objects are less sharp or slightly blurred either far away or near.



“Identify serious problems at a stage early enough to start treatment.

WHO ARE YOUR EYE CARE PROFESSIONALS



Opticians

Dispense spectacles but do not diagnose eye problems.



Optometrists

Perform the consultations and diagnose eye disease. They predominantly prescribe glasses and contact lenses and can prescribe limited medicines to treat diseases.



Ophthalmologists

The medical doctor (specialist) who will diagnose and treat diseases that affect the eyes. They also perform surgery.

“A problem with your vision can relate to a general health problem. In these situations, your primary care provider (GP) should also be involved in any treatment plan.

GENERAL CARE FOR GOOD VISION

Take regular breaks while doing computer work or tasks that mostly involve your eyes.

Wear your spectacles. This sounds obvious and ridiculous, but many people with moderate vision loss may leave them at home or tucked in a pocket or purse.

“Wear your spectacles.



PROBLEMS WITH NEW SPECTACLES

It may take your eyes a few days to get use to those brand new spectacles. If, after a few days of wearing your new lenses, you continue to either have blurred vision, double vision, or other problems, return to your optometrist. The problem may be solved by a simple adjustment to either the frame or the prescription.

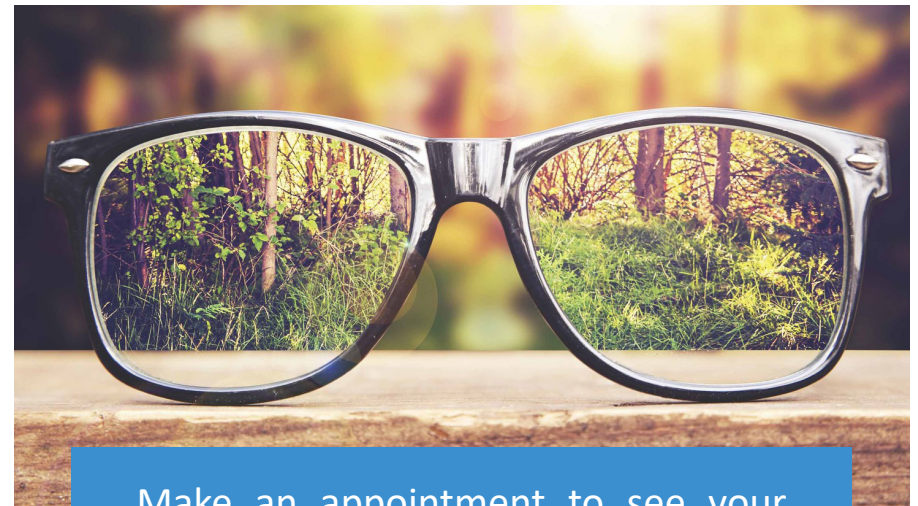


OPTICAL BENEFIT

Your optical benefit is designed to make you visually efficient. Going in network will eliminate any unnecessary co-payments on a standard pair of spectacles. You can top up your benefit by electing a designer frame or lens enhancements (tints or coatings).

If you do not want to make co-payments then communicate this clearly to the provider and person assisting you with dispensing your spectacles.

A motivation will be considered should you require any assistance outside of your benefit due to a clinical condition.



Make an appointment to see your optometrist every 24 months to help avoid and reduce vision problems.
To confirm your benefits contact
0861 000 300