

2022 VISION HEALTH RESOURCE CALENDAR



# There's something to see all year long



# January

It's a new year. It's a new you.

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◀ Back to Caring for your eyes | ▶ Back to Healthy vision

## Make a Date for Your Eyes: Your Annual Exam




**Getting your eyes checked can help you be the vision of health.**

You may think you need an eye exam only when it's time to update your eyewear prescription. But the truth is, eye exams are about a lot more than seeing whether you need a new pair of glasses or contacts. Comprehensive eye exams play an important role in your overall wellness, and you should get one every year for optimal vision health. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood

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## Look through the lens of common eye conditions



**MACULAR DEGENERATION**

**What is it?**  
Macular degeneration is the leading cause of eye blindness for people over 50 and affects more than 10 million Americans! More than glaucoma and cataracts combined, it's caused by the deterioration of the central portion of the retina. You may not be aware of it until you notice slight changes in your vision or until it's advanced during late eye exams. You can reduce your risk and possibly slow the progression of this condition by seeing a healthy diet, exercising, quitting smoking and protecting your eyes from advanced light.

**WHAT IS IT?**

**HOW IS IT DETECTED?**

[Go Back](#)

## May

Healthy Vision Month

May 2-8 **CHILDREN'S BOOK WEEK**  
Examining your eyes before bed—with a book, not a device—can help your body relax.

May 21 **NATIONAL MEMO DAY**  
Plans to self-schedule on eye exams.

350+ There are more than 350 hereditary eye diseases.\*

54% Only 54% of Americans get a regular eye exam.\*

A fingerprint has 40 unique characteristics. As it's has 200.\*

*"Life begins at 40— but so do fallen arches, rheumatism, faulty eyesight, and the tendency to tell a story to the same person, three or four times."*  
—Helen Rowland

\* "Hereditary Ocular Diseases" Research to Prevent Blindness, vision.org. "Many American Adults Have Vision Problems but Go 'No-seeing'" "Rebuild Your Vision" visionproblems.org. 2013, 2020. "100 Facts About the Amazing Eye" Susan Coleman, discovereyes.org, 2020.

Eye exams aren't just for updating prescriptions for glasses and contacts – they can tell us a lot about our overall health.

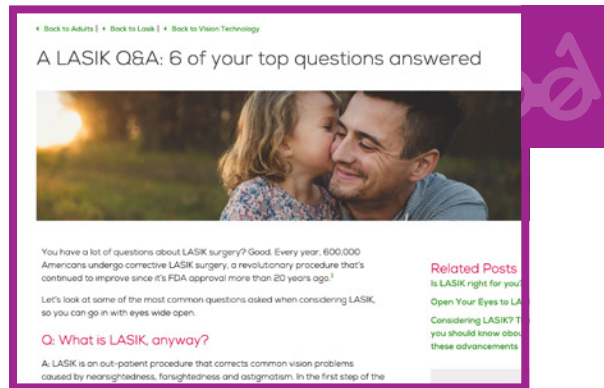
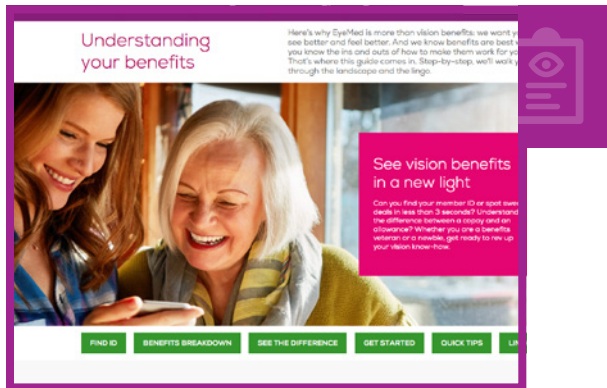
Ever wonder what it's like to live with glaucoma or cataracts? Try a vision simulation of common eye diseases and learn a few new habits to help prevent them.

Eye health is important every day – not just at exam time. Make it a priority all year long with a calendar that commemorates days, weeks and months that focus on vision.

# February

## The ins and outs of vision benefits

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What's a copay? How exactly do discounts and allowances work? This quick review answers these and other common questions to help you understand your vision benefits – step by step, inside and out.

Considering LASIK? Let's break down some frequently asked questions, including whether you're eligible, how long the treatment lasts and more.

There's a lot to consider when choosing the right eye doctor. Use these tips for where to start your search and what to look for.



# March

## Protect those hard-working peepers

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### Put Vision Safety to Work

**No matter what you do, protecting your eyes is an important part of your job.**

No matter where you work—in a factory, laboratory, construction site or office—workplace eye injuries can and do occur. Every day, more than 2,000 American workers suffer an eye injury that requires medical attention.<sup>1</sup> And nearly a million Americans have lost some of their sight due to an eye injury.<sup>2</sup> According to the Bureau of Labor Statistics, these injuries account for more than \$300 million in lost time, medical expenses and worker compensation.<sup>3</sup> The good news is that most workplace eye injuries are preventable. But different types of jobs call for different ways to protect your eyes. It's important to know what works best for your occupation.


**It's estimated 90 percent of workplace injuries could be avoided with the proper use of safety eyewear.**

Source: Prevent Blindness America, "Workplace Eye Safety," 2010.



[← Back to Vision Guides](#)


### When dust gets in your eyes – a to-do list for workplace vision safety



We've heard of taking the red-eye home from a business trip. But for roughly 2,000 people every day, red-eye can be a regular work floor occurrence.


That's roughly the number of U.S. workers who sustain daily job-related eye injuries that require medical attention, according to the National Institute for Occupational Safety and Health.<sup>1</sup> The causes of these injuries can range from flying wood chips to infections, or be as typical as dust. If you've ever had so much as an eyelash in

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[A sport-by-sport protecting your](#)  
[Make a Date for](#)



[← Back to Eyewear](#) | [← Back to Glasses](#) | [← Back to Uncategorized](#)

### How lifestyle lenses could help improve your work life




Whether it's work, home or play, most of us prepare ourselves from head to toe to adjust to different activities and environments. It could be a mistake to skip your eyes, especially at the workplace.

An estimated 75% of people use some form of vision correction,<sup>1</sup> and many who choose eyeglasses carry the same pair from home to the workplace. But are those glasses the best choice for optimum productivity and overall health?

New specialty lenses, and in particular workplace lenses, are being designed to work a little differently, offering high levels of quality and adaptability so they can easily adjust to varying environments – perfect for today's lifestyle.

**Related Posts**  
[From the slopes to the cinema, new lens technology lends to fit your lifestyle](#)  
[Get the perfect fit: find the right lenses for your sunglass needs](#)  
[What your vision](#)



Every day, 2,000 American workers suffer an eye injury – and most of them are preventable.<sup>1</sup> When hazards are part of the job, it helps to know how to best protect your eyes.

Flying wood chips, infections, dust and moving objects all pose a risk to eyes at work. Explore 10 ways to keep yours safe, including what to wear and how vision benefits can help.

Whatever your job, odds are that there's a lifestyle lens that can make the work a little easier – and that your eyes will love.

<sup>1</sup>American Optometric Association. <http://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision?sso=y>

# April

## Women's health takes center stage

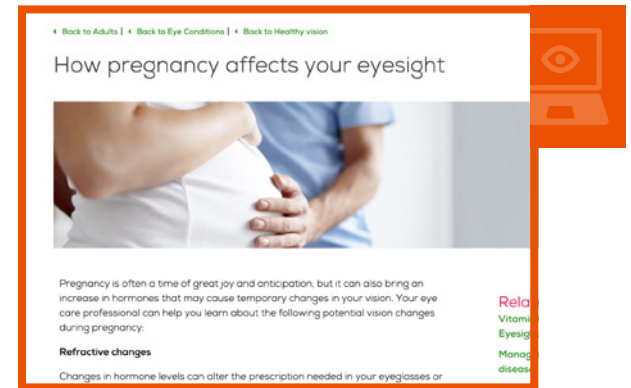
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Women are more likely than men to develop many common, but serious eye diseases. Knowing what to look for and a healthy lifestyle can give your eyes a fighting chance.<sup>2</sup>



Your choice of eyewear says a lot about you. Are you quiet and intelligent or creative and romantic? Or all four? Take our quiz to see which style of eyewear matches your personality profile.



If you're expecting, it's a good idea to keep an eye out for changes in your vision. Here's what you need to know.

<sup>2</sup> "More Women than Men Have Eye Disease," PreventBlindness.com


# May

## Better nutrition for better vision

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[Back to Healthy vision](#) | [Back to Nutrition](#)

### The vitamin that is essential to our eye health



The sunrise and sunset may be free, but their benefits toward eye care are priceless—if captured.

Vitamin D, a compound unlocked by the power of sunshine and essential for the absorption of calcium into the bones, also possesses a scope of healthful benefits for the eyes. From reduced risk of macular degeneration (which causes fuzziness) to improved tear function, vitamin D has been proven to affect our eyesight in many ways—some of which may be a surprise.

**Related Resources**  
A Woman's Guide to Vision Health  
Managing thyroid disease  
Vitamin D: Do



**SERVE IN:** TIME 30 min  
**DIFFICULTY:** Easy  
**EYE-HEALTHY INGREDIENTS:** Carrots, kale

**Notes:** When nutrients help reduce the risk of macular degeneration, they help improve vision.

**Comments:** Carrots, kale, and spinach are all good for eye health.

**Ingredients:**  
WISCONSIN: 1/2 cup carrots, 1/2 cup kale, 1/2 cup spinach, 1/2 cup Brussels sprouts, 1/2 cup green beans, 1/2 cup snap peas, 1/2 cup cauliflower, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup broccoli.

**Directions:**  
1. Fill a large pot with water and bring to a boil. Add the vegetables and cook for 5-7 minutes. Drain and pat dry.  
2. In a large bowl, combine the vegetables, carrots, and snap peas. Toss with a drizzle of olive oil and salt to taste.  
3. Once all blanched veggies are chilled, set them aside and let dry.  
4. On the platter, arrange kale in a full circle around the edges, with the stems pointing in.  
5. Top the kale with Brussels in a full circle, followed by the Brussels sprouts, green beans, snap peas and cauliflower.  
6. Use the grape tomatoes to create small garnishes that resemble holly.

**WATCH VIDEO**

\*American Optometric Association. Lenses and Prescription. Eye-Friendly. Accessed June 1, 2018. \*U.S. National Library of Medicine. National Institutes of Health. 2018. \*U.S. National Library of Medicine. National Institutes of Health. 2018. \*U.S. National Library of Medicine. National Institutes of Health. 2018.



Vitamin D isn't just great for our bones; it's full of surprising benefits for the eye, too. Here's what they are (and how to get a little more).

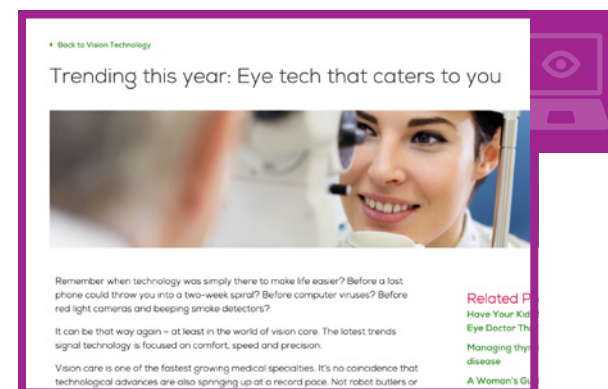
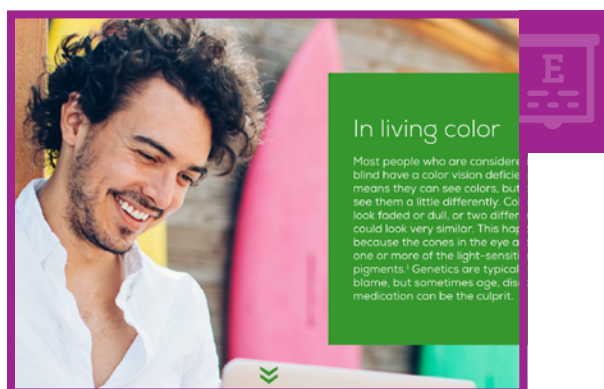
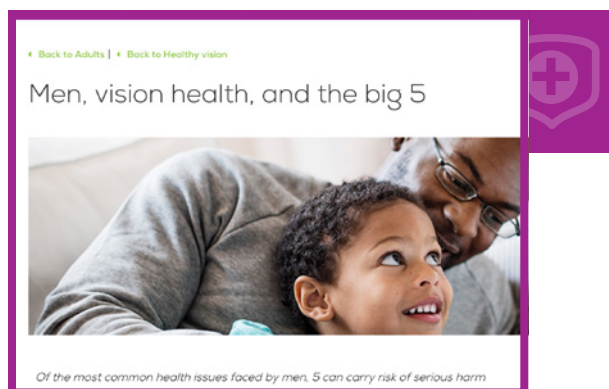
Treat yourself to a special breakfast that not only tastes good, but is good for your eye health. Try this easy recipe that's full of vitamin C and antioxidants – ready in 20 minutes.

Celebrate Healthy Vision Month with a collection of greatest hits from our vision-boosting recipe files. Delicious and nutritious, simple and snappy – eat for eye health all month long.

# June

## Setting your sights on men's health

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5 of the most common men's health issues can also impact vision. Learn how these diseases can damage eyesight and what can be done to avoid them.

Men are 5 times more likely than women to have the most common form of color blindness. Take a quick screening test and see what color deficiency looks like.<sup>3</sup>

Big improvements in vision care and technology are heading to your eye doctor's office, so say hello to your best eye exam yet.

<sup>3</sup> "Facts About Color Blindness," National Eye Institute.


# July

## Protecting your vision is no game

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### See Your Way to Sharper Sports Performance



**Want to play better? Focus on your vision skills.**


Good vision skills are necessary for a lot of sports, both competitive and non-competitive. Even at practice, it's important to see well to get the best results from your hard work.

Don't underestimate a visual problem, even if you think it's of little importance. Your

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[Kid-Friendly](#)  
[Blue Vision](#)

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### Add Protective Eyewear to Your Game Face



**Whatever sport you play, guarding your eyes is always a winning strategy.**

Whether it's helping you judge a sharp turn down the ski slope or seeing when to hit an oncoming pitch, your eyes are key players in all of your sports activities. But the eyes can also get injured if left unprotected. Nearly all sports pose some type of risk for eye injury. By making the right moves in protecting your eyes, you can

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**eye**  
**med**

### Eye safety checklist

For sports of all sorts

Athletes in all sports, on all levels, of all ages depend on their eyesight to perform. But you never know which way that crazy ball is gonna bounce. Knowing how to protect your eyes can help you enjoy the game—and the vision—you love so much.

	CAUTION	PROTECTION	SKILL BUILDING DRILLS
Baseball	Wild pitches, thrown bats, pop flies	Face guard, eye guard	Tape words to a bouncing ball and see if you can read them (dynamic acuity).
Basketball	Elbows, fingers, basketballs	Eye guards	Watch TV with your head turned to one side (peripheral vision).
Football	Fingers, loose equipment	Eye guards, face guard	Play a kid's memory matching game and focus on improving your speed.

Nearly every sport has one thing in common – to play it well, you need to see well. But each sport uses different types of vision skills. Discover the differences and what they can add to your game.

Whether you're a weekend hiker or part of a competitive soccer league, protective eyewear can change your game for the better.

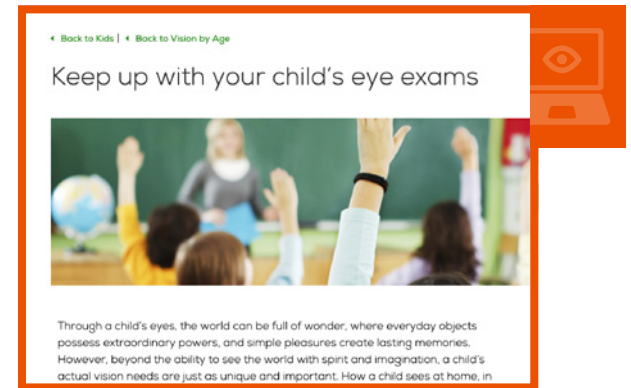
Athletes of all ages are focusing on safety these days. Eye safety should be part of the picture. Next time you hit the field or gym, make sure you check these boxes.



# August

## Back to school eye health

Click on the titles below  
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80% of learning comes through the eyes, but 1 in 4 children have a vision problem. Make sure they're ready to see success with this back to school checklist.<sup>4</sup>

These tasty snacks pack a powerful punch when it comes to eye-healthy nutrients like vitamin E and antioxidants – and best of all, they're easy to make.

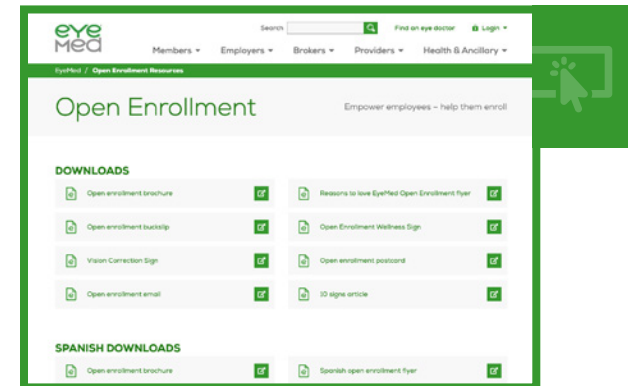
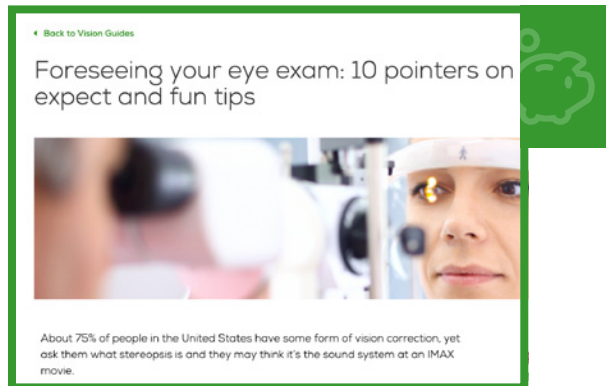
A child's vision can have a lifelong impact, so we're sharing how to recognize their vision needs (and how often they'll need an eye exam).

<sup>4</sup> "Children's Vision and Eye Health: A Snapshot of Current National Issues;" National Center for Children's Vision & Eye Health; accessed July 2017.

# September

It's open enrollment season

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If it's been a while since your last eye exam, we're here to help walk you through the process so you know exactly what to expect.

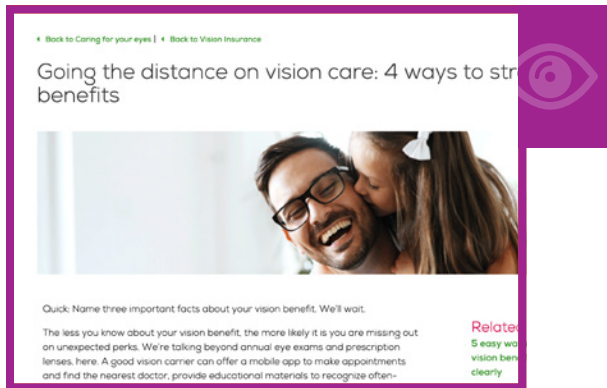
Let LevEye, our vision benefits concierge, help you see things more clearly with a quick quiz that gets to the heart of whether vision benefits may be right for you and your family.

**Employer exclusive:** Use any (or all) of our self-service resources to promote vision benefits and make open enrollment a breeze. Choose from customizable templates, ready-to-go materials and shareable videos.

# October

## Seeing life to the fullest

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Knowledge is power – and that’s true for your vision benefits, too. Let’s break down a few ways you can save even more while taking care of your eyes.



The giants of history knew the value of great vision. Challenge yourself and see if you can match the quote to the legendary speaker.

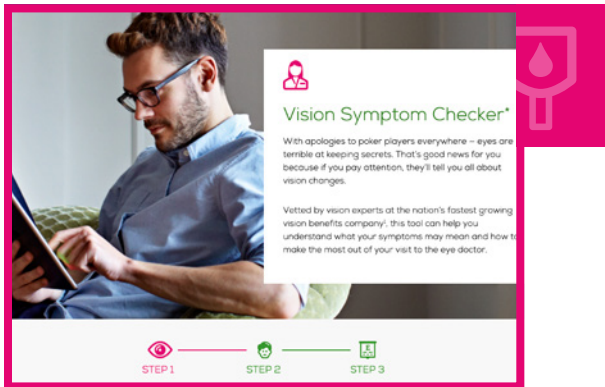


Whether or not you think your eyesight has changed, eye exams can spot early signs of serious health conditions. Here’s the nudge you need to make an appointment.

# November

Early detection is key

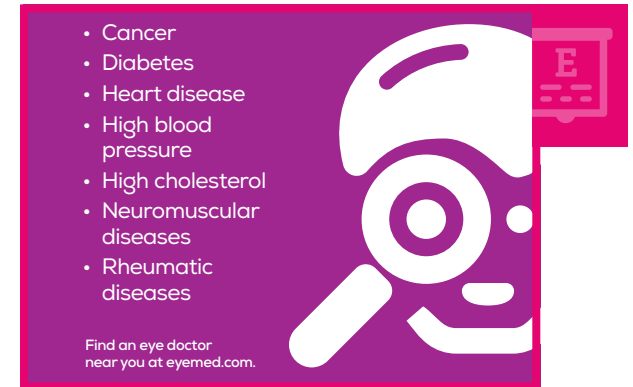
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Are your eyes acting up? This tool can help you understand what your symptoms could mean so you can make the most of your eye exam.



Anyone with diabetes knows how important it is to take good care of yourself. Vision care is part of that, even if you're just at risk. This video shows how eye exams can help.



Eye exams are about so much more than focusing on a big letter E. They can help detect signs of a long list of serious health problems. Now is the right time to talk to your eye doctor and make sure.




# December

See better, hear better, feel better

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## Social sense: When vision and hearing make it hard to connect



Close your eyes and think of your favorite holiday. Let it sink in. Chances are you can recall specific sights, sounds, tastes and smells. It's a sensory feast. But, what if one of your senses has changed? What if you notice it's harder to see in candlelight? Or, maybe you can't hear the entire conversation at the end of the dinner table. Sometimes the evolution is slow, so we don't notice differences in how

**Relate**  
A Woman  
Vision Help

## Quiz: What is your hearing age?

Never 1-2 3-5 6+

4+ How difficult is it to understand conversations in restaurants?\*


1	2	3	4	5
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Not Difficult Very Difficult

5+ How would those around you rate the volume you listen to television?\*

[Back to Caring for your eyes](#) | [Back to Healthy vision](#)

## The smoking gun: How cigarette smoke affects eyes and ears



**Smoking can impact how well you see and hear**

Here's a hazy side effect of smoking everyone should see clearly: It could diminish your ability to see – and hear – life to the fullest. Fortunately, both also can be remedied with routine exams. Smokers are 70% more likely than nonsmokers to

**Relate**  
Social sense  
and hearing  
to connect

Not being able to see or hear clearly can get in the way of a full life. What if one or more of your senses are changing? Learn a few strategies for making communication easier.

Hopefully, you've had an eye exam this year – what about a hearing test? This simple quiz will tell you whether you should think about making an appointment.

Did you know that smoking can diminish your ability to see and hear? In fact, vision exams can detect smoking-related illness. Here's how.