



Benefits Tip for July:

We go to the gym, abstain from chocolate cake and drink gallons of water all in the name of good health. But what can we do to protect those most valuable organs—**our eyes**? “Eyes are delicate and precious,” says Dr. Andrew Iwach, spokesperson for the American Academy of Ophthalmology (AAO). “Just a touch of maintenance will keep them going for years.”

So what are the **two most important things** to do for our eyes?

Have regular checkups. When was the last time you had an eye exam?

The AAO recommends an eye exam:

- Before 5 years of age to check for childhood problems like amblyopic (sometimes called lazy eye) or strabismus (misaligned eyes), and then on an as-needed basis up to 19 years of age.
- One exam in your 20s,
- Two in your 30s to identify problems, which may benefit from early treatment.
- After 40 years of age: every 2 to 4 years;
- After age 65, every 1 to 2 years.
- Anyone with diabetes, a family history of eye problems or African-Americans over the age of 40 should check with their doctor about more frequent visits.

SPF for the eyes.



Sunglasses don't just prevent crows' feet from squinting; they also block harmful ultraviolet and other rays that can play a role in the development of cataracts and macular degeneration.

- Be sure your sunglasses have 100 percent UV protection.
- The best filters against blue are in the amber-orange-brown range of commercial sunglasses.
- You should always wear sunglasses when outside (and not just in the summer) but especially in high glare areas around snow or water.
- A wide-brimmed hat is great for blocking rays—even if it counteracts the cool of your aviators.

Check your vision benefits with USF:

Humana Vision: Exam & materials plan/In-network: Allows for a vision exam yearly with a \$10.00 co-pay. A \$10.00 co-pay for single, bifocal, or trifocal lenses as well as a \$75 frame allowance. Contact wearers also receive a \$100 allowance toward evaluation, fitting, and materials. **Materials Only Plan/In-network:** \$10.00 co-pay for single, bifocal, or trifocal lenses and \$75 for frame allowance. Contact wearers also receive a \$100 allowance towards conventional and disposable lenses.

Blue Cross Blue Shield of Florida's Blue Complements Programs: Members of the BCBS Medical plan receive eye exams for \$40.00 and up to 40% of retail prices for frames and lenses through the Vision One Program at participating provider. There are also discounts on contact lenses and LASIK services.

United Healthcare: Members of United Healthcare's HMO receive eye exams for \$15.00. There is preferred pricing on frames and lenses and a 20% discount on certain types of contact lenses. LASIK is available at 15% discount of 5% off promotional prices through Laser Vision Networks of American. (Login is required to see details).

AvMed Healthcare: Routine exams for \$15 co-pay at your primary care physician or \$25.00 specialist services. In addition, Visionworks provides discounts in conjunction with AvMed to include 25% off frames and lenses.

*** Please check with your insurance company for plan specifics regarding benefits and providers.**