



Superior Vision

Vision Care is Health Care

Vision Care is the Most Impactful Investment in Overall Wellness

The risk of blindness can be reduced by 90%, with timely treatment and follow-up care. With Superior Vision, you will always receive quality, affordable eye care from qualified eye care professionals. Scheduling an appointment and understanding your benefits is simple.

Act preventively and schedule regular comprehensive eye exams. These actions could help maintain and save eye health, as well as cut costs for unnecessary medical expenses. Ensure you are making the best investment in your health, by scheduling a regular eye examination.



A comprehensive eye health exam can detect a number of eye diseases, as well as signs of systemic conditions such as diabetes, thyroid disease, high blood pressure and neurological impairments.



An eye exam takes roughly an hour and consists of a variety of checkups, which include a health review, a visual acuity test, refraction test, visual field test, glaucoma test, slit-lamp evaluation, and dilation.



Eye exams allow eye care professionals to take a non-invasive look at the blood vessels in your eye. This can help in the early detection of diseases that affect the entire body, such as diabetes or hypertension.

The Importance of an Eye Exam

Have you made time for a visit to an eye care professional this year?

Good vision is more than just corrective eyewear (although 150 million Americans use corrective eyewear of some kind).¹

An estimated 80% of the information our brains receive comes through our eyes.² And a comprehensive eye exam can even help diagnose a number of health conditions early, including conditions like diabetes, cataracts, high blood pressure, high cholesterol, and macular degeneration.³

Questions to ask your eye doctor

When visiting with any health professional, it never hurts to be prepared. Here are some questions to consider asking your eye doctor:



What is my visual acuity? (Example: 20/20 vision)



What are the best correction options for my eyes?



Should I have my eyes dilated?



Are there more cost-effective treatment options available?



Am I at risk of developing an eye disease?



Overall, how healthy are my eyes?

Healthy Vision

10 Healthy Habits That Can Protect Your Lifelong Vision Health

1. **Wash your hands** — many vision-related diseases can be spread by touching in or near the eye with an unwashed hand.
2. **Safely handle and store contacts** — remember to avoid extended wear and to always toss your solution when it expires. Of course, never touch contacts without washing your hands.
3. **Avoid risky cosmetic procedures** — don't risk your eye health by getting dangerous procedures like iris tattooing or unnecessary lid lifts.
4. **Wear eye protection** — wear eye protection any time you are near equipment that could fling debris or projectiles. In addition, be sure to wear sunglasses with both UVA and UVB protection.
5. **Eat eye – healthy foods** — reduce your risk of cataracts, macular degeneration, night-blindness, and other eye problems with a balanced diet containing fish, eggs, and whole grains.
6. **Exercise** — exercise helps reduce stress, regulate blood sugar, and increase blood flow. All of these are great for staying fit and for maintaining healthy eyes.
7. **Manage blood sugar and cholesterol** — uncontrolled blood sugar, high cholesterol, and high blood pressure can reduce the efficiency of your circulatory system. Diabetic retinopathy, glaucoma, or blurry vision may result.
8. **Rest your eyes** — if you're not using your distance vision while overusing your near vision, you may develop nearsightedness or eye strain. Take regular breaks.
9. **Stop smoking** — smoking increases the risk of vision loss as you age. The smoke is constantly irritating and inflaming your eyes. Eventually, eyesight will decline.
10. **Get regular eye exams** — eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.