



YOUR VISION

Your Future

SIMPLY ESSENTIAL

From the moment we're born—and for every waking hour of our lives—our eyes are called upon to help us learn, understand, and remember. We use them for work and for play. That's why protecting them is essential.

Avēsis has been protecting our members' essential senses since 1978, providing vision, dental, and hearing benefits to people like you.

BRIGHT FUTURE, RIGHT NOW

Your plan includes benefits for eye exams, spectacle lenses, frames, contacts, and more—all the things you need to keep life's essentials in focus. And here's what that means for you and your family.

For children, poor eyesight can lead to trouble in school; often, that trouble leads to misdiagnosed learning or psychiatric disorders, like dyslexia and ADD, and those labels can follow children into adulthood. It's estimated that 20 percent of American children have uncorrected vision problems. And in 40 percent of children with learning disabilities, vision problems play a role.¹

In adults, eye concerns are also on the rise, thanks, in part, to our electronic device dependency, which can lead to digital eye strain. In fact, 10 million people have their eyes examined each year because of it.²

In addition to providing early diagnosis for vision problems such as digital eye strain, glaucoma, cataracts, and macular degeneration, routine eye exams can detect a host of health issues, including³:

- Diabetes
- High blood pressure
- High cholesterol
- Thyroid disease
- Autoimmune disorders
- Cancer

YOU: *Essential*

You are the most essential part of Avēsis, and we want you to see us in the best light. We pride ourselves on excellent customer service, so if at any time you have a question about your vision benefits, you have a number of resources.

Visit our website at www.avesis.com, and click on Members; download our free mobile app, Avēsis E-ssentials, at Google Play or the App Store; or give us a call at (800) 828-9341, Monday through Friday, 7:00 a.m. to 8:00 p.m. EST.



Sources:

¹https://www.midwestern.edu/news_and_events

²<http://www.allaboutvision.com/cvs/productivity.htm>

³<http://yoursightmatters.com/7-health-problems-eye-exams-can-detect/>

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