

# UnitedHealthcare Vision Glaucoma Awareness Month



## Focused on you

As your partner in vision care, UnitedHealthcare Vision would like to remind you of the importance of a simple eye examination, through the observance of National Glaucoma Awareness Month.

Did you know an estimated 3 million Americans have glaucoma and half of them don't even know they have it?<sup>1</sup>

### People at high risk for glaucoma include:

- People older than age 60
- African Americans older than age 40
- Those with a family history
- People who may have suffered an eye injury

With virtually no warning signs or symptoms in its most common form, glaucoma is the nation's leading cause of preventable blindness.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. By taking this important initial step toward your overall eye wellness, diagnosis and treatment can begin early to help prolong healthy vision.

It is recommended that people with a higher risk have a dilated eye examination every 1-2 years. If you would like to learn more about glaucoma, please visit our wellness portal, [www.myoptumhealth.com](http://www.myoptumhealth.com), to research more on this topic

<sup>1</sup> Glaucoma Research Foundation, 2008

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