

Keep Your Eyes Healthy

SAN FRANCISCO
HEALTH PLAN™



Here for you

Routine Eye Exams Keep Your Vision Strong

As you get older, your risk for some eye diseases increases. But there is a lot you can do now to prevent eye problems in the future!

Eye exams can help to keep your vision strong

A complete eye exam will include eye dilation. This is when an eye health specialist will give you eye drops to make your pupil larger. Eye dilation lets your provider see the inside of your eyes and look for any changes. **Often, eye problems do not have any symptoms in the early stages.**



Learn when to get an eye exam based on your age and health conditions at the **American Academy of Ophthalmology**.



It is even more important to have a regular eye exam if you:

- **Have diabetes**—get a diabetic eye exam each year. **Diabetes** is the leading cause of vision loss in U.S. adults 18–64 years old. There are no obvious signs or symptoms. A yearly eye exam could prevent 95% of vision loss caused by diabetes.
- **Are at a higher risk for glaucoma** (eye diseases that damage your eye's optic nerve)—get an eye exam every 2 years or as directed. You may be at higher risk for **glaucoma** if you:
 - Are African American aged 40 years and older
 - Are older than 60, especially if you are Hispanic or Latinx
 - Have a family history of glaucoma

Talk with your primary care provider* (PCP) or eye health specialist if you have any changes in your eyes, such as:

- Blurry vision
- Sudden black or grey spots or strings in your vision
- Changing vision
- Dark or empty spots of vision



Learn more about common eye diseases at **CDC** or the **National Eye Institute**.

**Your primary care provider is the doctor, physician assistant, or nurse practitioner in charge of your health care.*

For more information call Customer Service at **1(415) 547-7800** or visit **sfhp.org/health-ed**

24/7 Nurse Advice Line **1(877) 977-3397** | Talk to a doctor 24/7 **sfhp.org/teladoc**



Tips for Good Vision

These tips can help you keep your eyes healthy and your vision as clear as possible.

- **Get routine eye exams** from your eye health specialist.
- **Wear the right kind of glasses.** Ask your eye health specialist about anti-reflective lenses or computer glasses which reduce glare and blue light. Too much screen time and blue light may affect your sleep and cause your eyes to feel dry and tired, or cause headaches.
- **Wear UV-blocking sunglasses** to protect your eyes. Wearing sunglasses can protect your eyes from too much ultraviolet (UV) light from the sun. Too much UV light can damage your retina (the part of the eye that lets you see form, color, and details) and cause vision loss. It can also raise your risk of cataracts (cloudy vision).
- **Provide good light** for reading, work, or study. Use soft background light, plus a light on your desk.
- **Take regular breaks** from screens and tasks that strain your eyes. Blink often, close and rest your eyes when they feel tired or dry.
- **Avoid smoke** and other things that irritate your eyes.
- **Eat fish that are high in omega-3 fatty acids**, like salmon, tuna, and halibut. Try eating these types of fish 1-2 times a week instead of meat.
- **Get active.** Taking care of your physical health is the first step to taking care of your overall eye health. See our fact sheet on **Moving More** for tips on exercises based on your age and condition.



To learn more
on eye health,
visit **CDC**.



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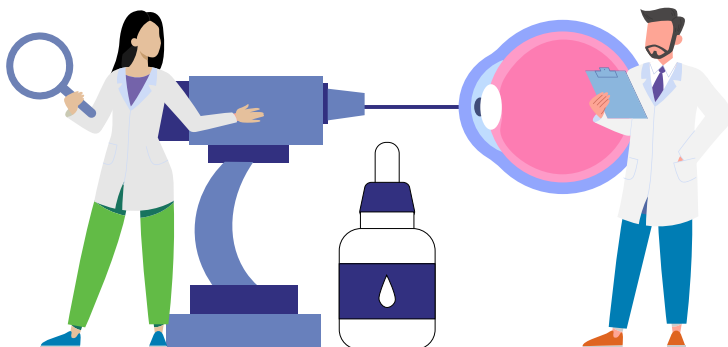


Optometrists vs. Ophthalmologists: What's the Difference?

There are 2 types of eye health specialists who can help you with your eyesight: optometrists and ophthalmologists. Both play an important part role in your eye care, though they are different.

Optometrists (ODs) are not medical doctors and are covered by VSP Vision Care. You can visit an optometrist for:

- Glasses/contact lens prescriptions or changes
- General eye health and routine vision checkups
- Symptoms/issues with your eyes due to common eye diseases



Ophthalmologists are medical doctors who are licensed to practice eye surgery. They are covered by SFHP. They are eye care providers who often work with your optometrist.

Visit an ophthalmologist for:

- Eye surgery/procedures
- Any skin issues near your eyes (skin tags, moles)
- Treatment for complex health conditions that threaten eyesight, such as cataracts and glaucoma
- When referred by your optometrist



Talk with your PCP if you need a referral to see an ophthalmologist. Learn more at **SFHP Summary of Benefits**.

Vision Care



As an SFHP member, you get vision services through VSP Vision Care. To find a VSP provider (optometrist), visit **vsp.com** or call **1(800) 438-4560**. VSP will give you the contact information of an optometrist that you can schedule an appointment with.

When you call the optometrist, please make sure to say you are a **"VSP member."** The optometrist will verify your eligibility and plan coverage based on your VSP Vision Care coverage. Vision services are not under San Francisco Health Plan.

VSP Vision Care benefits for adults aged 21 and older include:

- Eye exams from an optometrist every 24 months; more if needed, such as for people with diabetes
- Eyeglasses (frames and lenses) every 24 months, with valid prescription
- Replacement eyeglasses within 24 months if you have a change in prescription or your glasses are lost, stolen, or broken and it was not your fault
- Medically necessary contact lenses

Vision care for youth under 21:

- Vision screening
- Treatment for vision problems, including eyeglasses



No referrals are needed from your PCP to see an optometrist. Learn more about your vision benefits by going to **vsp.com**. If you have questions about vision care, call VSP at **1(800) 877-7195**.



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