DO YOU SEE WHAT I SEE?
FOCUS ON... YOUR EYES!

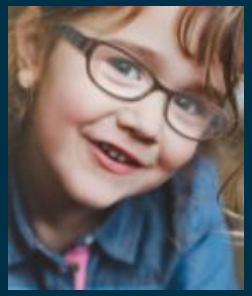
- IMPORTANCE OF AN EYE EXAM
- WELLNESS INTEGRATION
- INNOVATION & EMERGING TECHNOLOGY

IMPORTANCE OF AN EYE EXAM

- Can reveal health conditions even if you don’t have symptoms
- Only place in your body with a clear view of your blood vessels

AN EXAM FOR ALL AGES

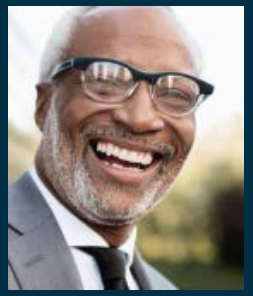
BABIES & TODDLERS
Approximately 80% of what you learn is through your eyes. Exams should be at 6 months, between 2 – 3 years old and before kindergarten



CHILDREN
One in four children has a vision problem that can interfere with learning and behavior.

ADULTS
Even if you have naturally good eyesight, your VSP doctor can detect signs of health conditions during your exam.

SENIORS
More susceptible to cataracts, glaucoma and macular degeneration.



PEOPLE WITH DIABETES
Most diabetes-related blindness can be prevented by a annual eye exam.

CONTACT LENS WEARERS
Contact lenses are medical devices, so a review with your eye doctor is important.

PRESCRIPTIONS

MYOPIC (NEARSIGHTED)

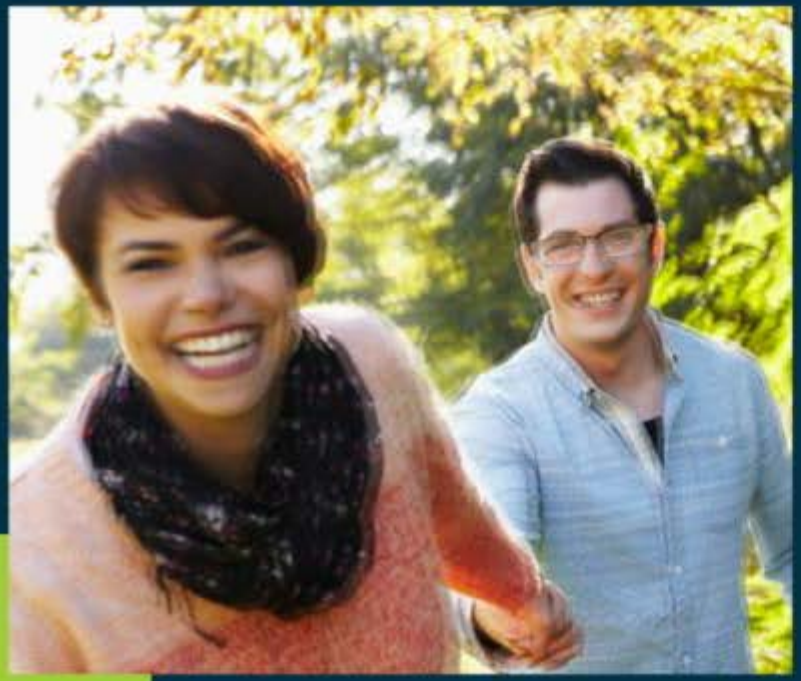
Poor distance vision

HYPEROPIC (FARSIGHTED)

Poor vision up close

PRESCRIPTIONS

ASTIGMATIC



Cornea's surface is not spherical–
creates a twisted image

PRESBYOPIC

Diminished focusing as we age

VISION RELATED DISEASES

DIABETIC RETINOPATHY

MACULAR DEGENERATION

CATARACTS

GLAUCOMA

DIABETIC RETINOPATHY

- Leading cause of blindness
- Decrease in blood supply to retina

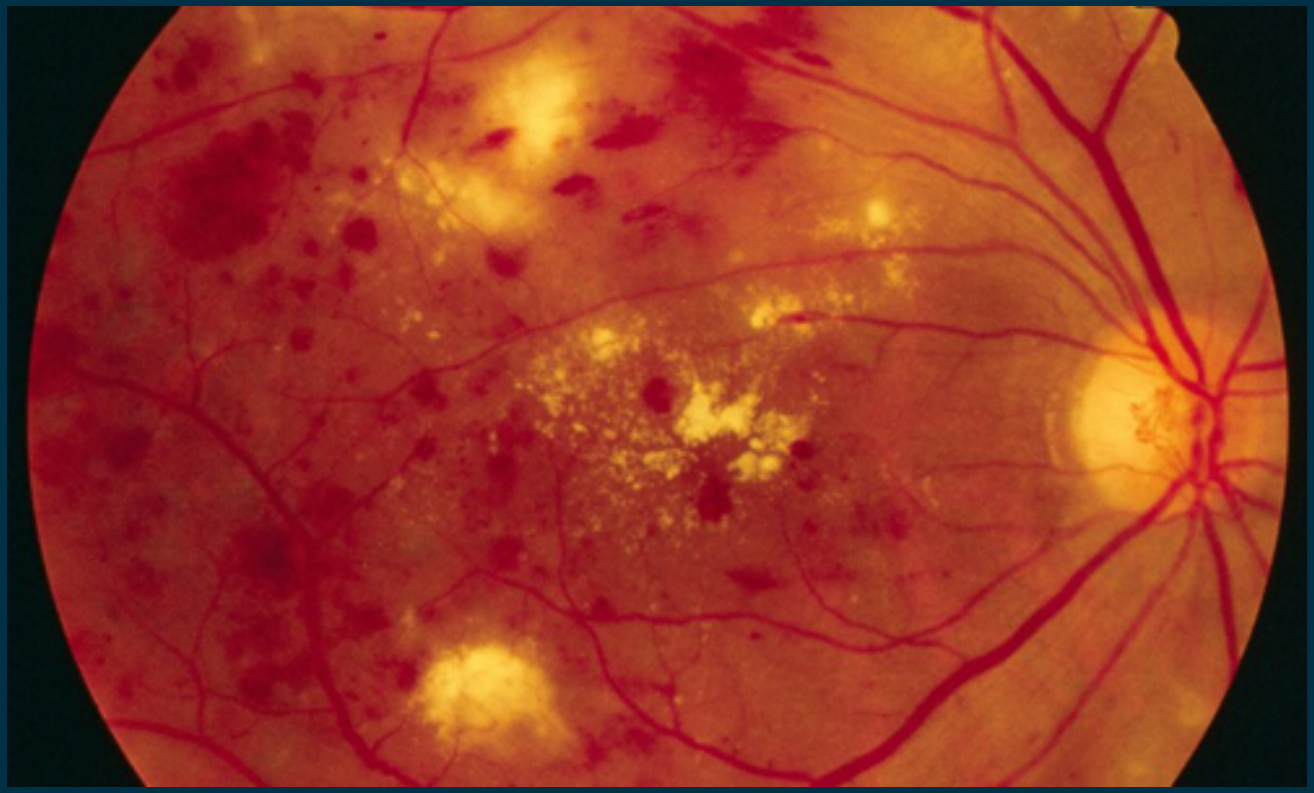
Early detection and treatment can prevent blindness in 90% of cases

PROGRESSION OVER TIME

Normal

10 years later

PROGRESSION OVER TIME

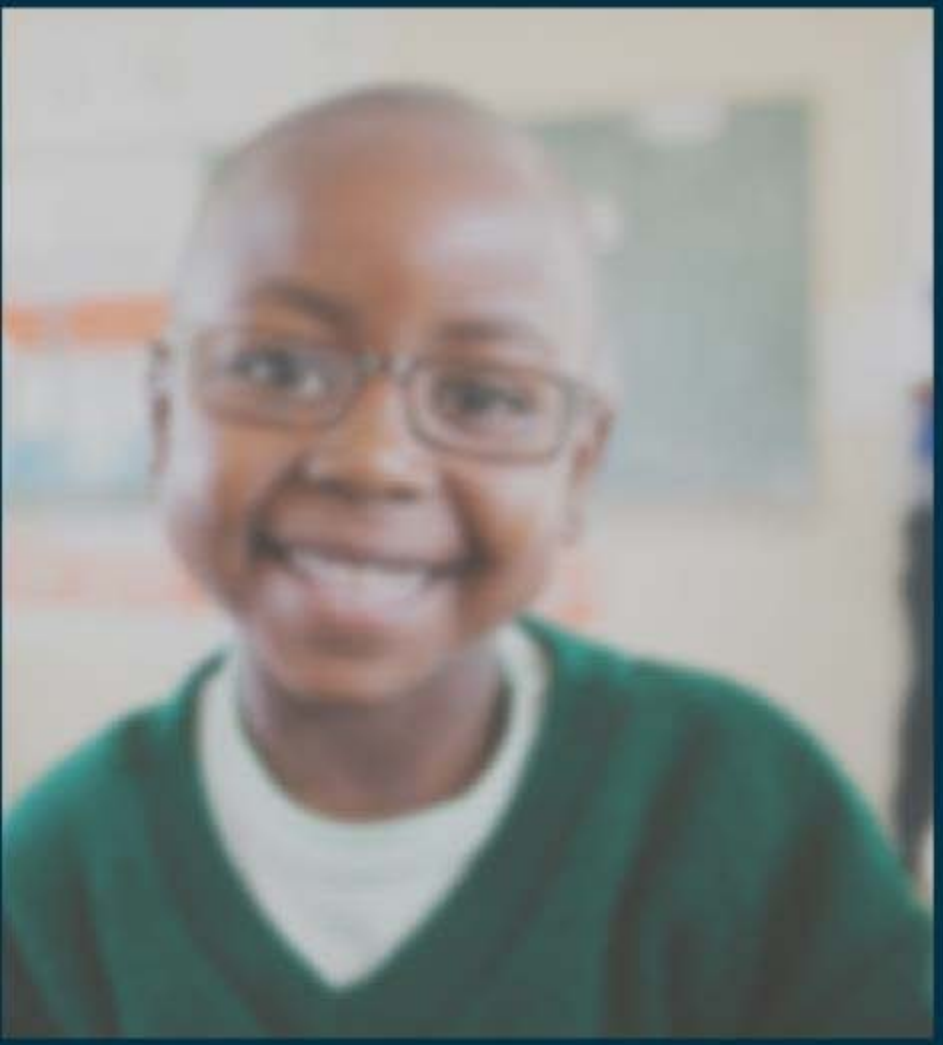


Diabetic Retinopathy Untreated

MACULAR DEGENERATION

- Leading cause of blindness
- Deterioration of center of retina

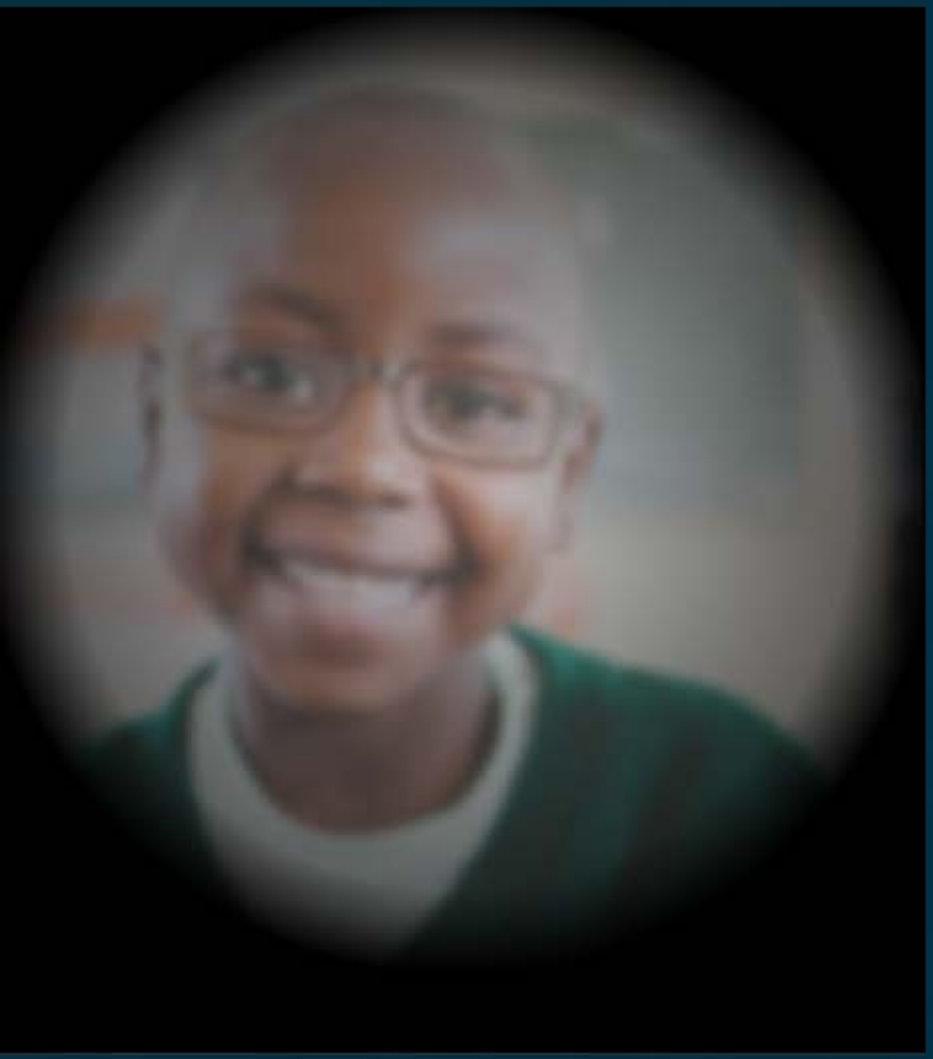
Affects our ability to read, drive, recognize faces or see fine details



CATARACTS

- Clouding of the eye lens
- Generally caused by aging
- Results in blurred vision, loss of contrast, frequent prescription changes, difficulty with night vision

Prevents some light from coming through the lens



GLAUCOMA

- Progressive loss of optic nerve fibers
- Due to increased fluid in the eye
- Only the “puff” test can determine if gluacoma is present.

Untreated, it destroys peripheral vision

VISION RELATED DISEASES

EARLY DETECTION

VSP DOCTORS OFTEN FIRST TO DETECT SIGNS OF:

DIABETES

34%

of the time

HYPERTENSION

39%

of the time

HIGH CHOLESTEROL

62%

of the time

BEFORE OTHER HEALTHCARE PROVIDERS.

INCREASE ACCESS TO PREVENTIVE CARE

Only **1 out of 10** Americans get recommended preventive health screenings[1]

6 out of 10 VSP Members get an annual WellVision® Exam[2]

6X INCREASED OPPORTUNITY FOR EARLY DETECTION

1. American Journal of Preventive Medicine 2012, 42, Issue 2:164-73
2. VSP utilization data

ENGAGEMENT
ELECTRONIC HEALTH RECORDS

iPad enabled technology

Increased patient engagement

Built in auto-coding

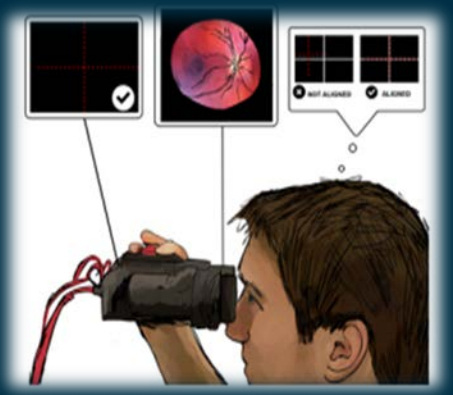
Completed records in exam room

Access to records anytime, anywhere

Enhanced patient & practice experience

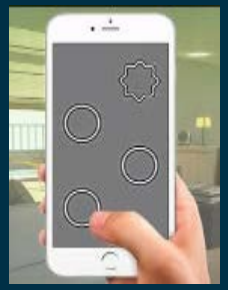
EMERGING TECHNOLOGIES

TELE-RETINAL IMAGING

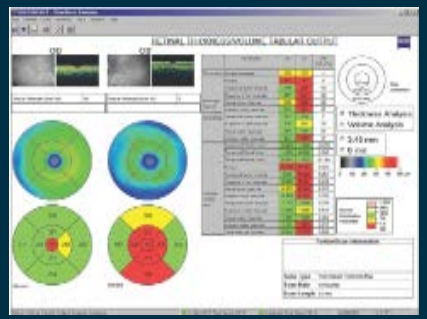


EMERGING TECHNOLOGIES

PERSONAL EYE HEALTH



REMOTE MONITORING SOLUTIONS



DIVERSE WORKFORCE

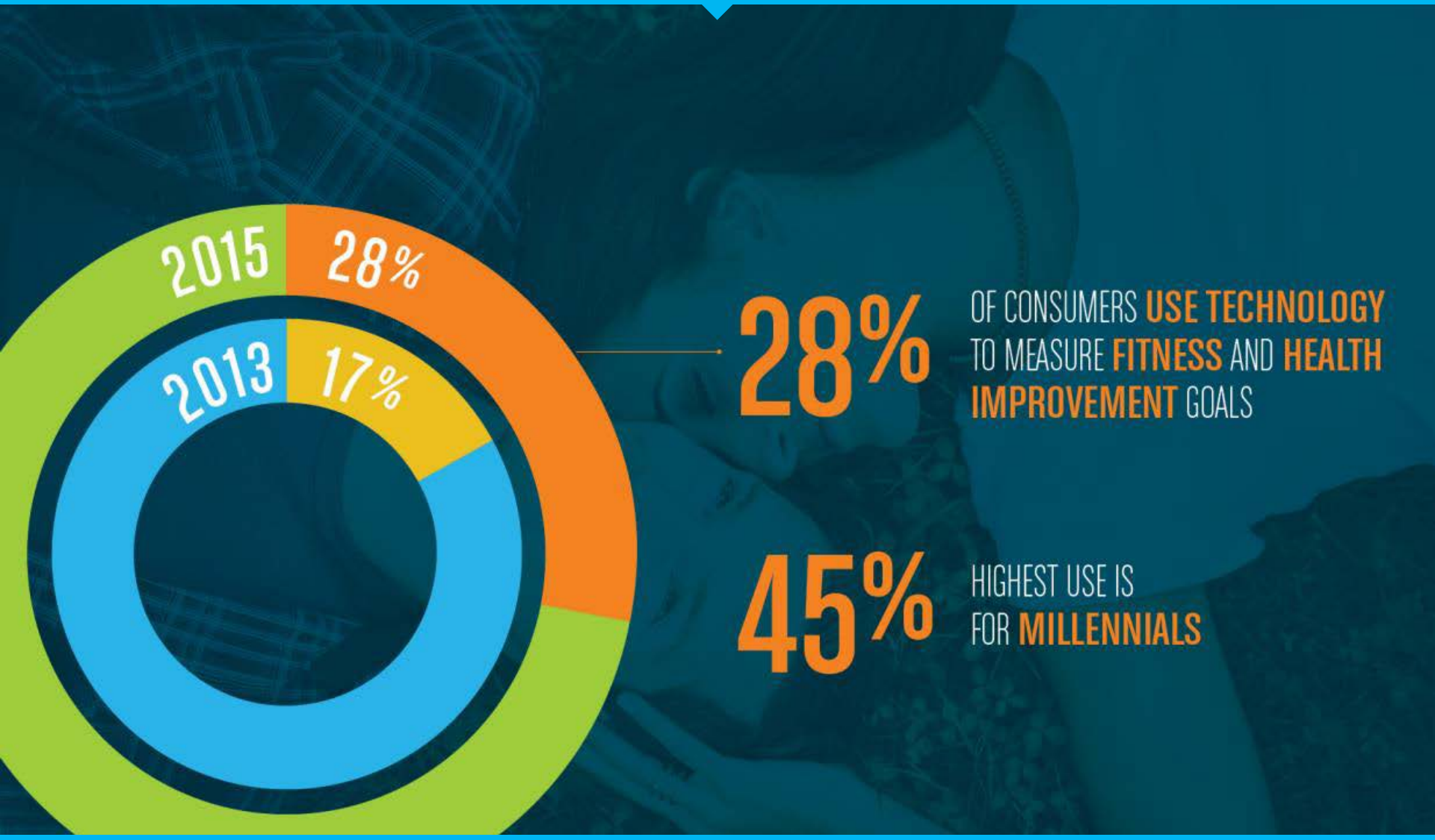
MILLENNIALS

GENERATION-X

BABY BOOMERS

TECHNOLOGY EXPOSURE

HEALTH MONITORING TECHNOLOGY



WEARABLE TECHNOLOGY

THE FUTURE IS NOW

HOW DOES THIS RELATE TO MY DISTRICT/AGENCY?

THREE KEY THINGS

WELLNESS

Vision Utilization is Good Utilization

ENGAGEMENT

Integrated patient experience

TECHNOLOGY

Tips for Reducing Exposure

THANK YOU

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