

EYE HEALTH + WELLNESS WEBINAR WITH VSP



**WELCOME
WITH DAN MORGAN**





TODAY'S PRESENTER

Timothy C. Jankowski, O.D., F.A.A.O. has been in private practice since 1981, graduating from the University of California, Berkeley School of Optometry in June 1980.

In 1999, Dr. Jankowski was elected to the VSP Global Board of Directors and he served as Chairman of the Board from 2010-12.

Dr. Jankowski is licensed in the use of diagnostic and therapeutic pharmaceutical agents and is certified by the National Board of Optometry in the Treatment and Management of Ocular Disease—which means he's able to diagnose, treat, and manage a wide range of ocular conditions, including allergies, infections, injuries, glaucoma, and diabetes.



**Dr. Timothy C. Jankowski,
O.D., F.A.A.O.**

AN EXAM FOR ALL AGES

Regardless of age, it's important to get an eye exam.





WHAT TO EXPECT WITH A COMPREHENSIVE EYE EXAM

- **Vision Case History**
- **Medical History**
- **Visual Acuity**
- **Vision Evaluation**
 - ✓ Refraction- nearsighted, farsighted, astigmatism, presbyopia
 - ✓ Eye Muscle Co-ordination Testing
- **Eye Health Examination**
 - ✓ External Exam
 - ✓ Internal Exam (Pupil Dilation)
 - ✓ Glaucoma Testing

WHAT TO EXPECT WITH AN EYE EXAM PER AGE GROUP

Similarities

- Case History
- Test for Glaucoma
- Refraction

Differences

- Children: Cognitive/School performance
- Over 40: Presbyopia & glaucoma



EYE CONDITIONS

MYOPIA



(Nearsighted) Poor distance vision

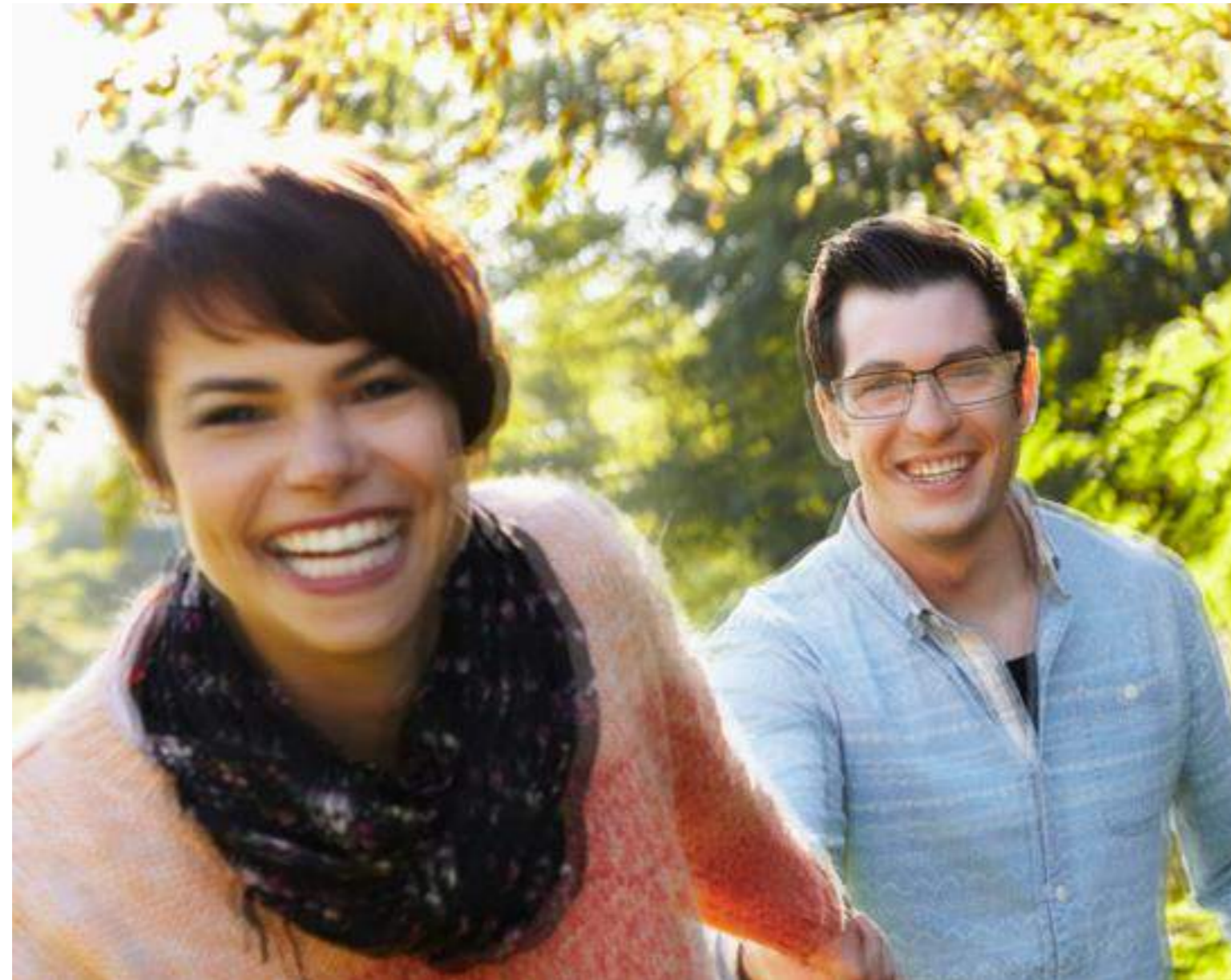
HYPEROPIA



(Farsighted) Poor vision close up

EYE CONDITIONS

ASTIGMATISM



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

PRESBYOPIA



Diminished focusing as we age

WHY AN EYE EXAM IS IMPORTANT

Eyes provide an unobstructed view of blood vessels.

- Diabetes
- Diabetic retinopathy
- High cholesterol
- Hypertension
- Macular degeneration



CHRONIC CONDITIONS ARE PREVALENT

1 IN 3

Adults has
Hypertension

1 IN 3

Adults has High
Cholesterol

1 IN 10

Adults has
Diabetes
And a 3rd don't know it

3RD
IN US

Diabetes is the
3rd Leading
Cause of Death

VISION RELATED DISEASES

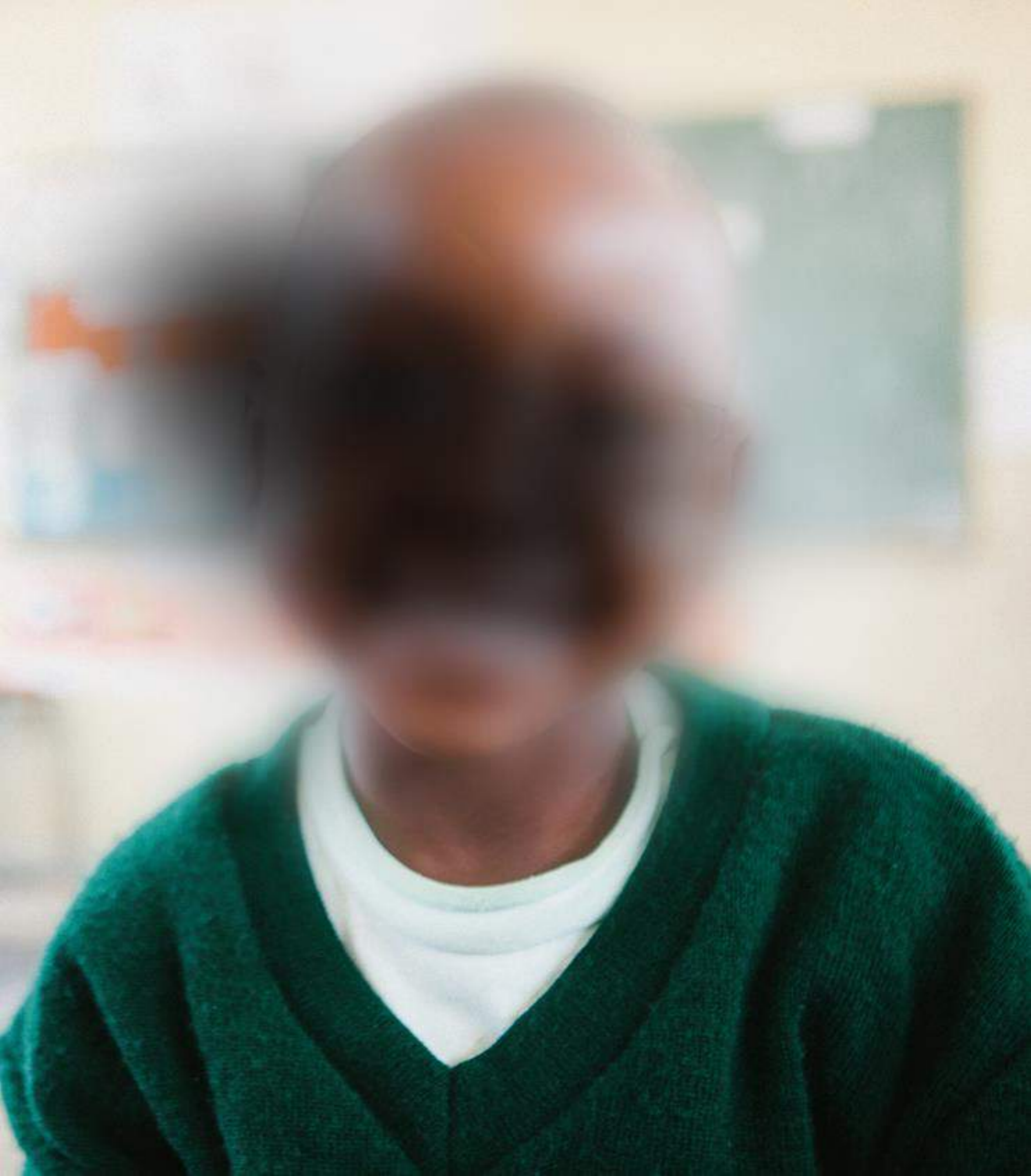
**DIABETIC
RETINOPATHY**

**MACULAR
DEGENERATION**

CATARACTS

GLAUCOMA



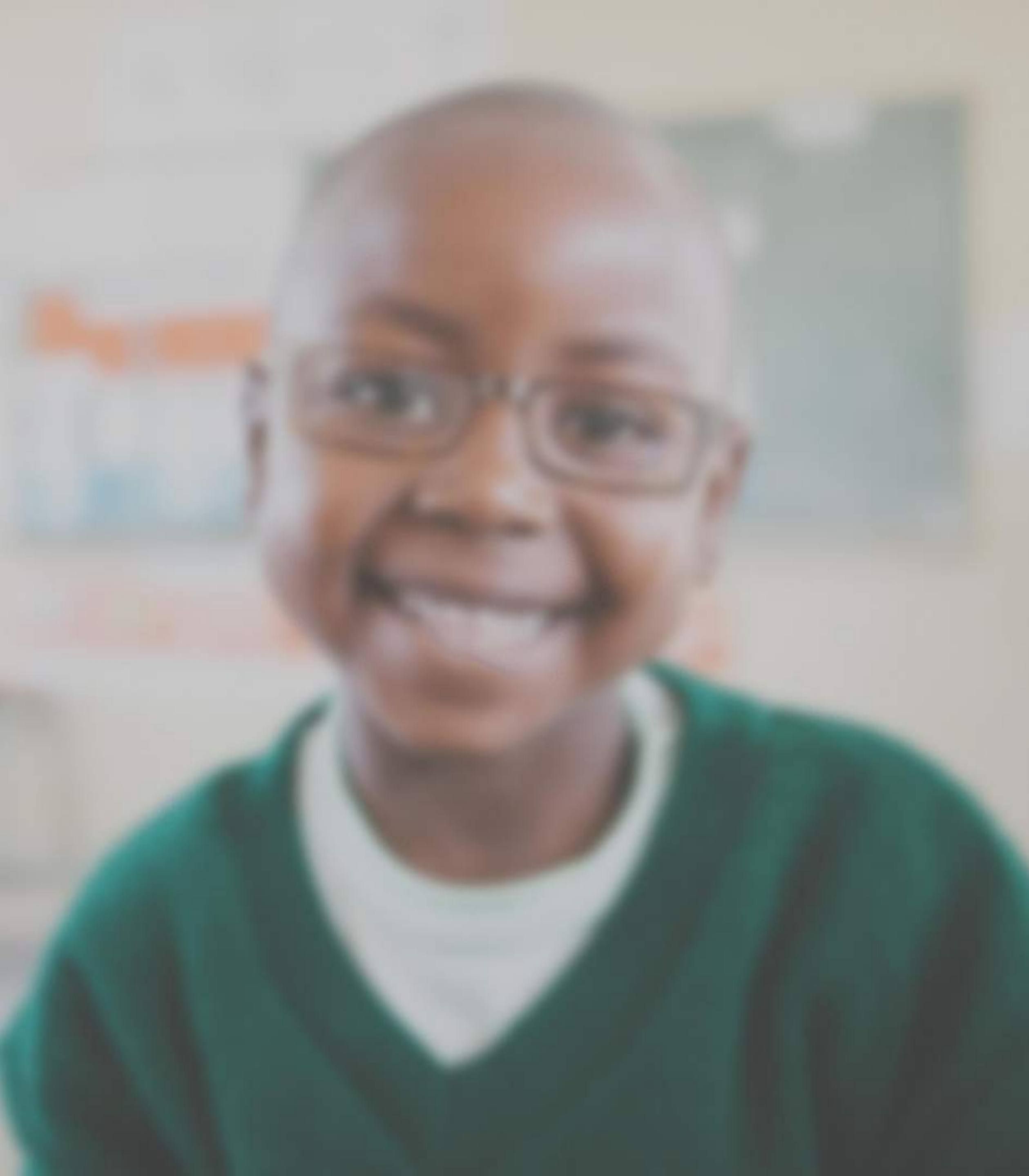


MACULAR DEGENERATION

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

Deterioration of the retina's center often caused by factors such as age, genetics, and lifestyle, like smoking, UV exposure or poorly controlled vascular conditions (high blood pressure, cholesterol, or diabetes).

Leading cause of legal blindness.



CATARACTS

Generally caused by aging and too much UV and blue light exposure.

A few symptoms include:

- Blurred or dim vision
- Increased difficulty with night vision
- Seeing 'halos' around lights
- Sensitivity to light or glare
- Fading or yellowing of colors



GLAUCOMA

Increased pressure on the optic nerve, causing gradual loss of sight.

Glaucoma can not be prevented or cured, but it can be controlled if diagnosed early.

A dilated, comprehensive eye examination can diagnose glaucoma.



DIABETIC RETINOPATHY

Early detection and treatment can prevent blindness in 95% of cases.

Decrease in blood supply to the retina, due to an over-production of delicate blood vessels, and leaking blood vessels.

Leading cause of blindness



**YOUR VISION
AND HEALTH
ARE OUR
TOP PRIORITY**



NEW FOR 2020: DIABETIC EYECARE PLUS PROGRAMSM

Members who have diabetes receive a fully covered retinal screening (digital imaging of the inside of the eye).

Plus, members with diabetes, glaucoma, and age-related macular degeneration (AMD) may be eligible for additional exams and services.*

*Limitations and coordination with your medical coverage may apply. Ask your VSP network doctor for details.



STAY HEALTHY AND KEEP LIFE IN FOCUS.

- **OPEN SEASON IS APPROACHING! NOV. 11th to DEC. 9th (midnight, EST). Check out the 2020 plan options at choosevsp.com.**
- **DO YOU KNOW A MILITARY FAMILY OR RETIREEE? If they're enrolled in a TRICARE health plan, they're eligible for VSP too. Spread the word!**



THANK YOU



vsp[®]
Vision Care