



Healthy eyes start with a comprehensive eye exam

Regular eye exams can be critical to early detection of certain diseases. UnitedHealthcare Vision works to ensure quality, coordinated care for you.

Adults between 18 and 60 years old should get an eye exam every one to two years.¹

Eye doctors review family history of eye diseases like glaucoma and overall health conditions such as diabetes or hypertension, all of which can raise chances of having vision problems.

Through a dilated eye exam, eye doctors can look inside the eye to identify early warning signs of more than 270 systemic and chronic diseases.² Many times, these warning signs can be seen in the eyes before other parts of the body are affected, which means treatments can start earlier, even before you know there's a problem.

Eye doctors play a vital role in the health care team by providing ongoing care to watch for any change in conditions. They can help you find a primary care physician (PCP) to care for diseases found during an eye exam. This enables PCPs to better facilitate whole-person care.

90%

of vision loss could be prevented or treated with regular visits to a vision provider.³

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Health problems that may be found during an eye exam⁴

- Aneurysm
- Brain tumor
- Cancer
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Multiple sclerosis
- Rheumatoid arthritis
- Sickle cell disease
- Stroke
- Thyroid disease
- Vascular disease
- Vitamin A deficiency

Symptoms and use of medications could indicate something more

Headaches, eye strain or blurry vision could indicate new eyeglasses or contacts are needed, but sometimes these symptoms could be signs of a more serious problem. In addition, there are many prescription or over-the-counter medications that can cause eye-related side effects.⁵ The only way to know for sure is to have an eye exam.

Learn more

Visit myuhcvision.com to find additional health and wellness information

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¹ AAV "How often should you get your eyes checked?": <https://www.allaboutvision.com/eye-exam/cost-and-how-often>, Accessed April 2025

² AOA "See the Full Picture of Your Health with an Annual Comprehensive Eye Exam": <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/full-picture-of-eye-health>, Accessed April 2025

³ IAPB, "Treatable or preventable vision loss": <https://www.iapb.org/learn/vision-atlas/about/insights/data-and-evidence/treatable-or-preventable-vision-loss/>, Accessed April 2025

⁴ AAO "20 Surprising Health Problems an Eye Exam Can Catch": <https://www.aao.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects>, Accessed April 2025

⁵ AAV "Vision problems? Check your medications": <https://www.allaboutvision.com/eye-care/medication-side-effects/>, Accessed April 2025

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