# Living with low vision

Understanding vision loss and finding ways to stay independent and confident

Low vision means having vision loss that can't be fully corrected with glasses, contact lenses, or medical treatment. It can make everyday activities — like reading, driving, or recognizing faces — challenging. Early identification and intervention can make a meaningful difference with those living with low vision.

## Common causes

Low vision can result from several eye conditions or injuries that affect how your eyes process images. Some of the most frequent causes include:

- Age-related macular degeneration
- Diabetic retinopathy
- Glaucoma
- Other eye conditions or injuries

## Signs you might have low vision

If you notice changes in your vision that make daily tasks harder, even with corrective lenses, it may be time to talk to your eye care provider. Common signs include:

- Difficulty reading or seeing details, even with glasses
- Trouble recognizing faces
- Needing extra light for tasks
- Loss of peripheral (side) vision

## Why early action matters

Early identification and support can help you maintain independence and confidence. Talk to your eye care provider if you notice changes in your vision.

### ~7M Americans

live with vision impairment that can't be corrected with glasses or contacts.[1]

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## Support through Hadley

Vision loss can make everyday life challenging and may lead to isolation, cognitive decline, serious injury and other negative outcomes. That's why UnitedHealthcare Vision is proud to team up with Hadley, a nonprofit organization dedicated to empowering people with vision loss.

Through this collaboration, members gain access to:

- **Practical tools:** Short video workshops with everyday tips, from pouring coffee safely to using magnifiers or tech tools
- **Emotional support:** Discussion groups, podcasts, video series, peer-to-peer program and direct help from Hadley experts

There's no paperwork, office visits or fees involved. Hadley's free help comes to you online, on the phone or through the mail.

**Coming soon! Hadley is launching a mobile app** so you can take Hadley with you wherever you go.

### Real stories. Real support.

"I felt alone and was in a dark place until Hadley brought me out of it."

— Michael K., Hadley member

"What gets me through the difficult moments is knowing that there's a community out there that is experiencing similar things."

— Aisha, Hadley member

## Find free Hadley tools and resources

Visit **HadleyHelps.org** or scan the code with your smartphone to become a member today.

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