



Benefits for Your Life

Why an Eye Exam?

Taking care of your eyes goes beyond good vision. Your eye care provider can identify both vision correction needs and emerging health issues during your annual exam.



Eye exams can detect conditions like diabetes early, when they can be easier and less expensive to manage.



An eye exam takes less than an hour and consists of quick and simple visual tests.



Unidentified vision problems can cause headaches and dizziness, and can hinder learning.

Davis Vision Information Right from your Desktop

Creating and logging in to your member account:

- **Step 1:** From the home page of davisvision.com, select “Member” from the navigation
- **Step 2:** From the Member page, go to “Member Sign In” section
- **Step 3:** If you have already set up your account, enter your username/password: if not, click “Register new account”
- **Step 4:** From the Member Registration page, the primary policy holder can set up an account with their own username/password and have immediate access to the secure member area of the website

Four Tips for Healthy Vision

As people age, many take steps to improve their overall health by exercising or eating healthier foods, but eye health is often overlooked. Eye care professionals and Ophthalmologists recommend the following tips to keep your vision healthy.

Get an annual exam – Your Ophthalmologist will check for common age-related eye conditions such as glaucoma and macular degeneration, and an eye exam may detect signs of other serious health conditions.

Look at your family history – Eye disorders are sometimes passed on genetically, so tell your doctor about any known family history related to eye disease.

Don't smoke – Smoking increases your chances of developing eye diseases such as age-related macular degeneration and cataracts. It can also affect the risks of cardiovascular disease which can indirectly affect your overall eye health.

Eat healthy – Certain foods have been shown to be healthy for your eyes— including salmon, tuna, vegetable oils, citrus fruits and kale. These foods provide the vitamins and minerals needed for both general and eye health.

Davis Vision Mobile App

It's easy! Search "**Davis Vision**" on the iTunes App Store or Google Play to download the **Davis Vision Member App**.

- Find an eye care provider
- Check your eligibility and benefits
- Review your claims and status
- View your ID card information