

Enjoy the View! Protect Your Eyes from Sun Damage



Everyone is at risk for eye damage from the sun year-round. Even if it's winter time, or a cloudy day, it's a good idea to protect your eyes each time you go outdoors.

The risk is greatest between the hours of 10am and 4pm.

However, you should protect yourself anytime during daylight hours.

Who's most at risk? Anyone who spends time in the sun for long periods is at higher risk.

What can happen? Sunlight increases exposure to ultraviolet (UV) rays. Excess exposure can lead to sunburn of the eyes which can result in temporary loss of vision and pain.

How can I protect myself from UV rays? You can protect your eyes by wearing sunglasses that are tinted. Choose lenses that are neutral gray, amber, brown, or green and that offer 99% or 100% UV protection.

Should children wear sunglasses? Yes! UV protection is just as important for kids. Don't buy your

child toy sunglasses. Buy real sunglasses that offer UV protection. Choose lenses that won't shatter easily, such as polycarbonate lenses.

WellCare provides vision benefits for both children and adults.

For children: One pair of eyeglasses each year for each child under 21 years of age. The glasses must be approved by a doctor. For additional benefits, please refer to your member handbook.

For adults: Adults are also covered for some vision services. They include:

- One adult eye exam each year
- Prescription eyewear with \$40 allowance toward the cost (except for contact lenses)
- Prescription for vision services

Avesis provides these services on behalf of WellCare. Call Avesis at 1-866-522-5923 to choose a doctor.

Questions?

- Talk to your primary care provider (PCP) or your child's PCP.
- Call the Personal Health Advisor line at 1-800-919-8807 24 hours a day, 7 days a week.
- Call Customer Service at 1-866-231-1821 (TTY/TDD: 1-877-247-6272).

