

Health and Wellness Tip of the Week - Week 33

Monthly Topic

August is Healthy Vision & Eye Care Month. It's the perfect time to remind employees about the importance of caring for your eyes.

August 17, 2015

Making Sense of Vision and Hearing Exams

We depend on our senses every day, often without even thinking about them. But imagine navigating the world around us without the ability to see or hear.

While many people schedule routine physicals and other wellness exams, sometimes the health of our eyes and ears is overlooked. However, regular vision and hearing exams are very important when it comes to your health and well being.

Three kinds of specialists—ophthalmologists, optometrists and opticians—can provide routine eye care and exams, depending on your preference and specific eye-related and overall health needs. For a hearing test, you can schedule an appointment with either your physician or an audiologist (hearing specialist).

Source: www.bcbstx.com



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