

# Health & Wellness Tip of the Week

# Week 10 March 5, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

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## I Spy A Problem In My Little Eye

Eyesight problems can start early. Kids age 3 to 5 should be tested to find eye problems such as amblyopia (lazy eye). Lazy eye can be treated if caught early. Yet only 1 in 7 preschoolers get an eye exam, and less than 1 to 4 gets some type of eyesight testing.

Around 11 million or more Americans aged 12 and older have common eye problems that can be fixed with glasses, contact lenses or laser surgery.

Routine exams are vital to help spot more problems at can lead to loss of eyesight or blindness.

*Sources: Centers for Disease Control and Prevention*

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