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Simple Tips for Healthy Eyes

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.



Have a comprehensive dilated eye exam: You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases such as glaucoma, diabetic eye disease, and age-related muscular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

Know your family's eye health history: Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition that may be hereditary. This information will help determine if you are at higher risk for developing an eye disease or condition.

Maintain a healthy weight: Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.

Be cool and wear your shades: Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

Give your eyes a rest: If you spend a lot of time on the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Your 2010-2011 Health Care Spending Account claims must be filed on or before June 30, 2011. Please remember to incur any expenses on or before June 15th so you do not lose your funds! Go to <http://icubabenefits.org> for claim forms because you will not be able to use your ICUBA Benefits MasterCard® during this grace period.

Important Information to Improve Your Health

FREE ICUBA Cares™ In-Network Benefits

- Annual Physical
- Annual Gynecological Exam
- Lab Tests
- Pap Tests
- Mammograms
- Urinalysis
- Immunizations
- Aspirin for adults with a physician prescription
- Prescribed generic folic acid and pre-natal vitamins for pregnancy
- Diabetic supplies such as One Touch meters, lancets, strips and Novofine® needles
- Employee Assistance Program to all employees and members of their household
- Better You From Blue™ Health Fairs and \$25 incentive for participation
- Electrocardiograms
- Echocardiograms
- Colonoscopies and Sigmoidoscopies
- Colorectal Screenings
- Prostate Cancer Screenings
- Bone Mineral Density Tests
- Allergy Injections

Don't Delay! Schedule your \$0 Wellness visit today!

When you go to a network doctor for your covered annual physical (and gynecological exam) visit, there's no cost to you. Early detection of health risks leads to early treatment, which leads to saving many lives. If your doctor's office asks for payment for a wellness visit, let them know that your insurance pays the entire cost. Any questions? We encourage you or your doctor's office to call the Blue Cross Blue Shield of Florida Customer Service number at 1-800-664-5295 to ensure that you receive your annual wellness visit at no cost. If your physician submits the bill for your exam and it is not properly coded as your annual wellness visit, you may call the same phone number to correct this.



Introducing Willis Rewards

As part of our ongoing commitment to our members, ICUBA is pleased to introduce an exciting new benefit to you. ICUBA has partnered with Willis to offer *Willis Rewards*, a discount purchasing program that includes merchants such as Walmart, Target, Home Depot and Toys R Us, to name a few. As an ICUBA member, your complimentary membership will provide access to significant savings on all types of products and services, including groceries, movie tickets, clothing, restaurants, electronics, books & music, and home furnishings.

Online registration is easy:

- Go To www.willisrewards.com
- Click submit under New Member Registration
- Enter Company Name (ICUBA) and click submit
- Enter your Email and Company Code (willis) and click sign up