



Show Your Eyes Some Love Challenge!

A 10-Day Self-Directed Program and Raffle

June 12 to 21, 2023

When was the last time you expressed gratitude for your eyes? Your eyes and vision are precious. Think about what your eyes do... they help you to read and learn, keep you safe, work and play, connect you to your environment, look at the ones you love, create memories (Did you know that our eyes see more than 20 million images in a lifetime?) and so much more!

This 10-day program challenges you to get involved in protecting and preserving the health of these amazing organs. You can help protect the health of your eyes through the choices you make every day at home, work, and play. And you can help through partnering with eye health and vision care doctors. Protecting your eyes now can help reduce your risk of developing eye diseases, blindness, and low vision. The sooner you discover and address an eye condition, the more likely you are to maintain healthy vision. We may overlook taking care of our eyes now because we aren't having any eye problems, but eye doctors can often diagnose these slow developing conditions. We hope you participate!

More details on following pages.

RAFFLE PRIZE: \$50 Amazon gift cards for 10 lucky winners!

Only MIIA/BCBS members are eligible for the raffle. Return information/log form to Mary Harrington mharrington@mma.org by July 5. In order to qualify for the raffle, you must:

1. Read all the program information and write down 3 things you learned on the log form provided.
2. Eat a healthy snack or meal at least 7/10 days and track on the log form provided. It must include 1 or more foods that are considered eye healthy and listed in the chart provided.
3. Wear UV protective sunglasses and a visor/hat every day you are out of doors and track on the log form provided.
4. Determine what type of eye exam you need next and when it should be scheduled. Record this info on the log form.

“Could a greater miracle take place than for us to look through each other’s eyes for an instant?” Henry David Thoreau

MIIA 
Well Aware
 Work Well. Live Well.

Open to all employees, only MIIA/BCBS members are eligible for prizes.

How to Love Your Precious Eyes



- Eat a mostly plant-based diet filled with variety
 - Good Health Gateway Diabetes Care Reward Program: https://www.emiia.org/files/ny_2022_miia.pdf
 - Videos- <https://www.emiia.org/well-aware/resources?category=16>
 - Recipes- <https://www.emiia.org/well-aware/nutrition-weight-management>
- Don't smoke
 - https://www.emiia.org/files/Wellness/exp-bettertogether-flyer_miia.pdf
- Move regularly
 - <https://www.emiia.org/well-aware/resources?category=16>
 - https://www.emiia.org/files/ompracticeflyer_8.19.22_1_.pdf
- Protect your eyes from UV radiation
 - <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/uv-protection?sso=y>
- Reduce "computer vision syndrome"
 - <https://www.webmd.com/eye-health/computer-vision-syndrome>
- Practice eye safety at work, home and play
 - <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/protecting-your-vision?sso=y>
- Don't wait to get help if you experience unusual changes in your vision/eyes
- Be up to date with your eye exams

Recommended Comprehensive Eye Exam Frequency (American Optometric Association)

Age in years	No symptoms/no risk	Symptoms/at risk
Birth through 2	At 6 to 12 months	At 6 to 12 months or as recommended
3 through 5	At least once	At least once or as recommended
6-17	Before first grade then annually	Before first grade then annually or as recommended thereafter
18 through 39	At least every two years	At least annually or as recommended
40 through 64	At least every two years	At least annually or as recommended
65 and older	Annually	At least annually or as recommended

Show Your Eyes Some Love! Feed them Well!

Mediterranean Diet

Feed your eyes well by feeding them the Mediterranean Diet! Your other organs will be happy too! One of the healthiest patterns of eating in the world, it has been shown to lower your risk of many chronic diseases such as cardiovascular disease, and it can also help reduce your risk of age-related macular degeneration. You will eat lots of delicious fresh vegetables and fruits, tree nuts, beans and lentils, seafood, healthy fats such as extra virgin olive oil, whole grains, lots of herbs and spices, and a moderate number of cheese and yogurt. See below chart for more details on specific nutrients and lots of great recipe suggestions.

Resources:

MIIA Well Aware at <https://www.emiia.org/well-aware/nutrition-weight-management>

Mediterranean Living at <https://www.mediterraneanliving.com/>

Eye Health Nutrients and Recipes			
Specific nutrients	Sources	How helpful	Sample recipes using sources of eye healthy nutrients
Lutein and Zeaxanthin	Dark green leafy veggies, broccoli, corn, peas, persimmons, tangerines	May help in cataract prevention.	https://www.elephantasticvegan.com/green-power-bowl/ https://www.shape.com/healthy-eating/diet-tips/broccoli-leaves-recipe-ideas https://www.thespruceeats.com/peas-and-corn-482842 https://bojongourmet.com/persimmon-and-tangerine-smoothie-with/
Vitamin C	Oranges, grapefruit, strawberries, papaya, green peppers, tomatoes	May help in cataract prevention. When taken in combination with other essential nutrients, slows progression of age-related macular degeneration and loss of visual acuity	https://www.allrecipes.com/recipe/37067/mango-papaya-salsa/ https://www.allrecipes.com/recipe/68839/papaya-bruschetta/ https://www.onceuponachef.com/recipes/strawberries-and-oranges-in-brown-sugar-citrus-syrup.html https://melaniemakes.com/strawberry-grapefruit-smoothie/

Continued

Show Your Eyes Some Love! Feed them Well!

Eye Health Nutrients and Recipes (continued)

Specific nutrients	Sources	How helpful	Sample recipes using sources of eye healthy nutrients
Vitamin E	Vegetable oils (i.e. corn, safflower), nuts, sweet potatoes, wheat germ	May help in cataract prevention.	https://www.foodnetwork.com/healthyeats/recipes/2012/09/10-healthy-sweet-potato-recipes https://www.myrecipes.com/recipe/banana-wheat-germ-oats https://www.crazyforcrust.com/wheat-germ-pancakes/ https://www.alidaskitchen.com/2014/10/06/roasted-cauliflower-recipe/
Vitamin A	Vitamin A already formed is found in liver, fish, eggs, and dairy products. Substances called carotenoids found in brightly colored fruits and vegetables turn into Vitamin A in the body. An example is beta-carotene	May help in cataract prevention. Aids in low light and night vision and helps protect eye cells from light damage.	https://www.eatingwell.com/recipes/22765/nutrient-focused-diets/vitamin-a-rich/ https://cooking.nytimes.com/recipes/1013447-sweet-potato-carrot-and-dried-fruit-casserole https://www.allrecipes.com/recipe/39455/marinated-tuna-steak/ https://www.allrecipes.com/recipe/12720/grilled-salmon-i/
Zinc	Shellfish like oysters, nuts, seeds, red meat	Plays role in bringing Vitamin A from liver to retina, helping to produce melanin, a protective pigment in the eyes; helps prevent poor night vision and cloudy cataracts	https://www.wokandkin.com/steamed-oysters-with-ginger-and-shallots/ https://www.foodiecrush.com/citrus-shrimp-avocado-salad/ https://www.eatingwell.com/recipe/7911237/roasted-butternut-squash-seeds/ https://www.eatingwell.com/recipe/275930/pear-gorgonzola-walnut-salad/
Essential fatty acids-omega 3 fatty acids	Salmon, tuna, other cold-water fish, flaxseeds	May help prevent age-related macular degeneration (AMD) and inflammation. Enhance tear production, reduce risk for dry eye , and supports the oily outer layer of the eye	https://www.foodnetwork.com/recipes/food-network-kitchen/blackened-salmon-with-lima-bean-smashed-potatoes-3363805 https://www.eatingwell.com/gallery/7939503/easy-salmon-recipes-for-january/

Show Your Eyes Some Love! Know Your Benefits and Be Eye Health Savvy



Do you know your Vision Benefits from MIIA/BCBS (or other health insurance carrier)?

Benefits will vary depending on your health plan. Find details by:

1. Calling the member service number on your MIIA/BCBS health insurance card (or card from another carrier)
2. Calling MIIA/BCBS at (800) 374-4405
3. Going to <https://www.emiia.org/health-dental-and-vision-insurance/plans>
4. Contacting your employer's human resources department

Confused about “who does what?” See below.

Eye doctors	Roles
Optician	Opticians are not doctors. They are technicians who can fit eyeglasses, contact lenses, and other vision-correcting devices. They cannot provide eye exams.
Optometrist	Optometrists are Doctors of Optometry, but not medical doctors. They are like general practitioners for your eyes. Optometrists provide eye exams and vision tests, dispense corrective lenses, detect abnormalities of the eyes, and prescribe medications. They perform routine and comprehensive eye exams.
Ophthalmologist	Ophthalmologists are medical doctors and surgeons. Secondary-level practitioners, they often work with Optometrists. They are trained in health conditions beyond just those related to the eye and diagnose and treat eye diseases. They perform comprehensive eye exams, sometimes diagnose systemic disease (such as diabetes) and perform surgery.

Confused about the different eye tests and exams? See below.

Exam	What included
Contact lens exam	Must have a comprehensive exam as well. Doctors evaluate whether you are a good candidate for contacts, test your vision with contacts, evaluate what contacts are best for you and prescribe contact prescriptions.
Routine eye exam	Involve fewer steps than a comprehensive exam and last about 30 minutes. Doctors check vision and your eye glass or contacts prescriptions. Tests are normally not for medical conditions like in a comprehensive eye exam, but for conditions such as near or far sightedness.
Comprehensive eye exam*	Involve many steps and can last 60 minutes. Doctors gain deep understanding of your medical and vision history. Thorough evaluation of all parts of your eyes and vision. Variety of vision tests performed (often by an ophthalmic technician) and tests for eye diseases like glaucoma, cataracts, macular degeneration, diabetic retinopathy and more.**

*Schedule of comprehensive eye exams on previous page

**For more information about eye conditions and diseases go to the NIH at <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases>

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Show Your Eyes Some Love Log and Raffle Prize Form



Complete and return to mharrington@mma.org by 5:00 pm July 5, 2023. Only MIIA/BCBS subscribers are eligible for gift cards. Raffle winners will be notified by July 11, 2023.

Name _____ Employer _____

MIIA/BCBS subscriber: ☐ Yes ☐ No

Email _____ Phone _____

Mailing address _____

Program requirements. If you complete all requirements, your name will be entered into our \$50 gift card raffle. 10 names will be drawn.

1. Write out 3 things you learned.

a. _____

b. _____

c. _____

2. Check that you determined if you need an eye exam.

☐ Yes

a. What type of exam is it? _____

3. Complete the log form below

Eat a healthy snack or meal at least 7/10 days. Wear UV protective sunglasses and a visor/hat every day you are out of doors.

Date	Which meal or snack and what did you eat?	Did you go outside? If yes, see next 2 columns.	Did you wear your visor/hat?	Did you wear UV protective sunglasses?
	<i>Dinner: grilled salmon</i>	Yes	Visor	Yes
June 12				
June 13				
June 14				
June 15				
June 16				
June 17				
June 18				
June 19				
June 20				
June 21				