

# UnitedHealthcare Vision

## Allergy Eyes

### Seasonal Allergies and Your Vision

50 million Americans endure the miseries of seasonal allergies, with allergic reactions involving the eyes being a common complaint.<sup>1</sup>

Seasonal allergies have a large impact on not just quality of life, but the economy. Missed work days because of allergies cost U.S. companies more than \$600 million a year<sup>2</sup>.



A trip to the local drugstore is the first stop for most when allergy season is in full swing. Many over-the-counter medications can make eye related symptoms worse by reducing tear quantity and quality.

Treating eye related allergies does not take a one-size-fits-all approach. There are many factors that go into getting the right treatment—the most important being a consultation with your eye care professional. During your appointment, it is important to accurately describe your symptoms so he or she can recommend or prescribe a medication that may provide safe and effective relief.

Allergy sufferers can help themselves by:

- Limiting exposure to environmental allergens (keeping the windows closed during the worst seasons).
- Rinsing the eyes after being outside to limit the severity of symptoms.

For contact lens wearers, it is important to be mindful of:

- Extended wear times
- Infrequent replacement of lenses
- Proper lens care

UnitedHealthcare Vision wants you to enjoy the Spring season, not just endure it. Consult a vision care professional today<sup>3</sup> and help say goodbye to eye allergy symptoms and hello to Spring!

<sup>1</sup>[www.emedicinehealth.com](http://www.emedicinehealth.com), 2008.

<sup>2</sup>[www.emaxhealth.com](http://www.emaxhealth.com), 2006.

<sup>3</sup>exam subject to benefit eligibility

## UnitedHealthcare Vision

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