



YOUR BENEFITS:
Did You Know...

Open Your Eyes to a Healthier You

It's been often said that the eyes are the window to the soul. But did you know that the eyes are also the window into your health?

It's true. Ophthalmologists and optometrists have tests and tools that not only show how healthy your eyes are, but can also determine if you have or are prone to certain diseases, like cancer or diabetes, and can even see if you're eating healthy.

Here are just a few health issues that may be discovered during an eye exam:

Hypertension — Blood vessels in the eye may exhibit bends, kinks or tears, and this may be an indication of high blood pressure.

Autoimmune disorders — If the eye is inflamed, this may be a sign of Lupus or another autoimmune disorder.

High cholesterol — The cornea may have a yellowish appearance or a yellow ring around it which can be a sign of high cholesterol.

Thyroid disease — One of the telltale signs of thyroid disease are bulging eyes or protruding eyeballs. This condition is also known as Graves Disease.

Our vision plan, through VSP, allows you to receive annual eye exams at a nominal cost, so getting your eyes checked couldn't be easier. For more information about your eyes and your health, check out VSP's *What Do Your Eyes Say About Your Health*. Visit www.tusd.org/benefits for details. You **can** do it!

The information provided here is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified health care provider.

