

JULY

VISION HEALTH



Vision health is essential to your overall wellbeing, productivity, and quality of life. Your eyes play a crucial role in interpreting the world around you—accounting for approximately 80% of your daily sensory input. Good vision supports independent living, ensures safety at home and work, and helps you remain productive and engaged in every aspect of life.

Vision Health Tips:

- **Early Detection Saves Sight:** Many vision problems, including glaucoma and age-related macular degeneration, develop gradually and may not cause symptoms until significant damage has occurred. Regular eye exams enable early identification and treatment, helping preserve your sight.
- **Protect Against Environmental Hazards:** Sun exposure and environmental irritants can impact your eye health. Take proactive steps, such as wearing sunglasses, to reduce the risk of cataracts and other preventable conditions.
- **Maintain a Balanced Diet:** Ensure you are getting enough lutein (from leafy greens), Omega 3-fatty acids (from salmon or tuna), Vitamin C (from citrus fruits), and Vitamin E (from avocados).
- **Practice the 20-20-20 Rule:** To prevent digital eye strain, every 20 minutes, look at an object 20 feet away for 20 seconds. This helps relax the eye muscles and reduce fatigue, especially during prolonged screen time.

Contact Benefits MAC!

Have questions about your benefits?

Member Advocates are available Monday through Friday, 8:30am to 5:00pm (EST). After hours, you can leave a message with a live representative and receive a response by phone or email within 24 to 48 business hours.

How to Contact Member Advocacy?

You may contact the Member Advocacy Team in any of the following ways:

- **Phone:** **800.563.9929**, Monday through Friday, 8:30 am to 5:00 pm (EST)
- **Web:** **connerstrong.com/memberadvocacy**
- **Email:** **cssteam@connerstrong.com**

Sources:

- <https://www.aoa.org/healthy-eyes>
- <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet>
- <https://www.cdc.gov/skin-cancer/sun-safety/index.html>
- <https://naturesgarden.net/blogs/recipes/apricot-walnut-cookies>

Air Group Visions Benefits

Air Group offers vision benefits through Aetna Vision Preferred. For a high-level overview of the plan, please refer to the table in your benefits guide. For more detailed information, visit BenePortal at airgroupbenefits.com. Members can locate participating Aetna vision providers at aetna.com. As a reminder, if you use an out-of-network provider, you will be reimbursed up to a certain dollar amount. To request reimbursement, submit a claim form along with your itemized receipt (up to the provider's actual charge). Claim forms are available at aetnavision.com and can be submitted online or mailed to Aetna.



Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.