

2026

Vision health resource calendar

See the year bright and clear

[Get started >](#)

eye
Med



JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

This is more than a calendar

It's a resource library of preventive care and reminders for your employees. Use these articles, interactive features and tools to promote vision health throughout the year.

Copy and paste intros and links into a newsletter, email, intranet or your format of choice.



This document includes interactive elements
and is best viewed in Adobe Acrobat or Reader.



January

National Glaucoma Awareness Month

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Make a Date for Your Eyes: Your Annual Exam

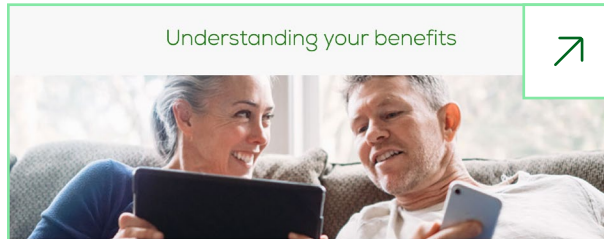
Getting your eyes checked can help you be the vision of health.

You may think you need an eye exam only when it's time to update your eyewear prescription. But the truth is, eye exams are about a lot more than seeing whether you need a new pair of glasses or contacts. Comprehensive eye exams play an important role in your overall wellness, and you should get one every year for optimal vision health. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol.¹

Make a date for your eyes: Your annual exam

Eye exams are not just for updating prescriptions for glasses and contacts – they can tell us a lot about our overall health.

Understanding your benefits

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A guide for member resources

Eyemed tools and resources make the vision benefit experience easy, from finding your Member ID to scheduling your next eye exam.

WELCOME KIT WITH MEMBER ID CARDS

Communication starts with your EyeMed Welcome Kit. This information kit contains everything you need to get started, including:

- Two ID Cards – one for you and one for a dependent. The ID Card is where you will locate your Member ID.
- A complete listing of the vision services and materials covered by your plan.
- A list of in-network providers nearest to you.



Understanding your benefits

Start the year off by having a solid understanding of your vision benefits. Check out this interactive tool that makes the vision benefit experience easy, from finding your Member ID to scheduling your next eye exam.

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Are you at risk for glaucoma?

Glaucoma is the name for a group of eye diseases that develop when increased fluid pressure in the eyes damages the nerve fibers in the optic nerve and retina. This damage can lead to irreversible vision loss.

The good news is if glaucoma is detected and treated early, its progression can be slowed or stopped. But the bad news is that people with glaucoma don't always show symptoms. That's why it's important to know if you're at risk.

According to Prevent Blindness America, it's estimated that over 4 million Americans have glaucoma, but only half know they have it. Anyone can get glaucoma, but if you fall into one or more of the risk categories listed below, it's particularly important to receive a comprehensive eye exam that includes dilating your pupils every year:

Are you at risk for glaucoma?

January is Glaucoma Awareness Month. The good news? If glaucoma is detected and treated early, its progression can be slowed or stopped. That's why it's important to know if you're at risk.

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February

Age-related Macular Degeneration | Low Vision Awareness Month



Need Help Finding the Right Eye Doctor for You?

Tips for choosing whom to trust with your eyes.

If you ask people what's the most important of their five senses, chances are they'll say their eyesight. It's no surprise, considering we rely on our vision for almost every activity we perform. That's why choosing someone you trust to care for your eyes is an important decision—but it doesn't have to be a difficult one.

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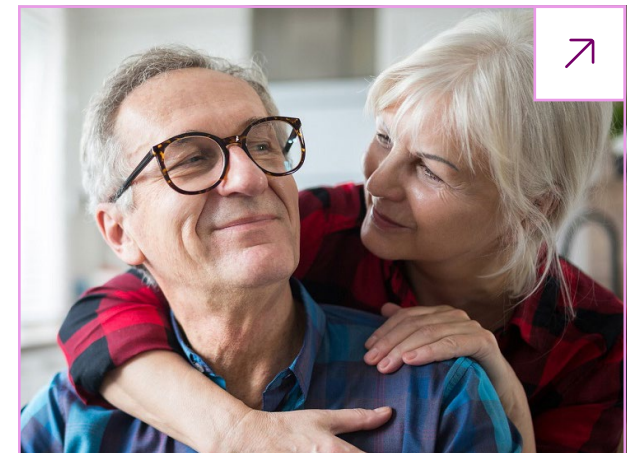
Need help finding the right eye doctor for you?

Finding the right eye doctor can help you protect your eyes and vision. By doing your homework, you are sure to find one to help you take good care of the sense you value most – your vision.



Low Vision: At a glance

In honor of February being Low Vision Awareness Month, let's dig deeper into what Low Vision means, what causes it and how to manage it.



All about age-related macular degeneration

Take a closer look at detecting and preventing a condition that affects millions of Americans aged 40 or older.



March

Workplace Eye Wellness Month

March 12: World Glaucoma Day
March 23: World Optometry Day
March 30: National Doctor's Day

Eye exams & your eye doctor



Annual eye exams are key for maintaining good eye health.

They enable your doctor to monitor the health of your eyes and track changes that can occur from year to year.¹ For example, subtle changes in the retina can be a warning sign of high blood pressure.²



4 questions to ask your child's eye doctor

There is a strong link between vision and learning, yet many vision conditions in children go un-diagnosed. As a parent, you might not know what to expect during your child's visit, so here are a few questions you can ask the provider while you're there.



Video: Importance of eye exams

Hear from Optometrist Dr. Bradley Powers about why a comprehensive eye exam isn't just for getting an updated prescription – but a critical part of preventative care.



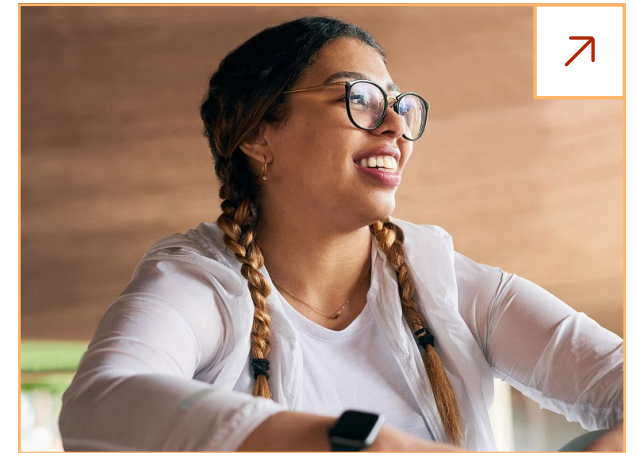
April

April 7: World Health Day

Women's Eye Health and Safety Month | Sports Eye Safety Month | Presbyopia Awareness Month



Look through the lens of
common eye conditions



All eyes on women's health

As we spend more time this month focusing on the incredible strengths and influence women bring to our local, national and global community, it's also a great time to become more familiar with some of the vision-related health concerns women face.

Eye condition simulator

Look through the lens of common eye conditions and discover how to potentially treat or prevent them.

Exercise your way to healthy eyes

Staying active keeps our minds and bodies in shape, but it can also be the key to healthier eyes. See how.

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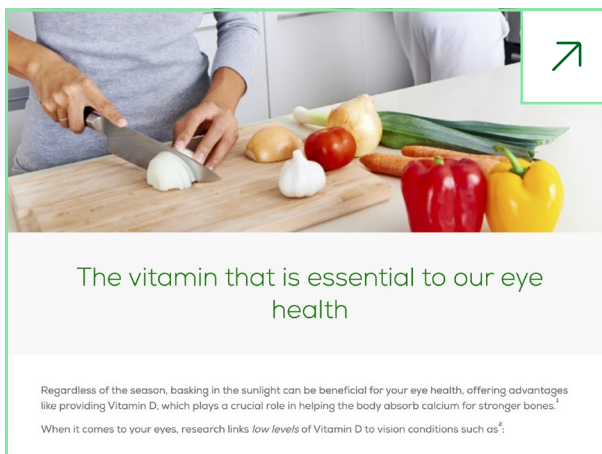
May

Healthy Vision Month



A look at your overall health

You have your annual physicals. You see your dentist regularly. You've got this healthcare thing down. But is seeing your eye doctor on that list? It should be.



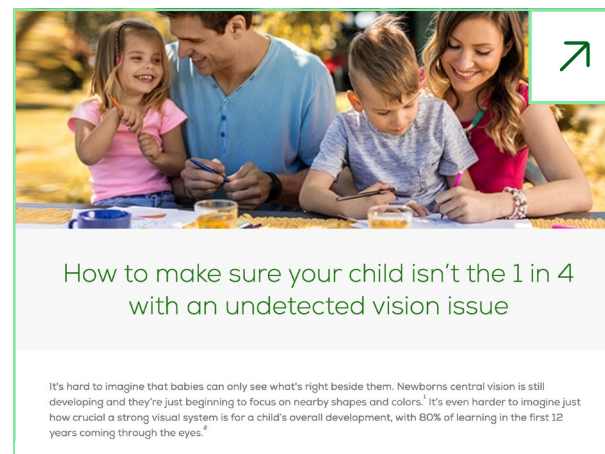
The vitamin that is essential to our eye health

Regardless of the season, basking in the sunlight can be beneficial for your eye health, offering advantages like providing Vitamin D, which plays a crucial role in helping the body absorb calcium for stronger bones.¹

When it comes to your eyes, research links *low levels* of Vitamin D to vision conditions such as²:

The vitamin that is essential to our eye health

Vitamin D not only helps build stronger bones, it can also be beneficial to your eye health. Here's some ways to make Vitamin D part of your every day.



How to make sure your child isn't the 1 in 4 with an undetected vision issue

It's hard to imagine that babies can only see what's right beside them. Newborns' central vision is still developing and they're just beginning to focus on nearby shapes and colors.¹ It's even harder to imagine just how crucial a strong visual system is for a child's overall development, with 80% of learning in the first 12 years coming through the eyes.²

How to make sure your child isn't the 1 in 4

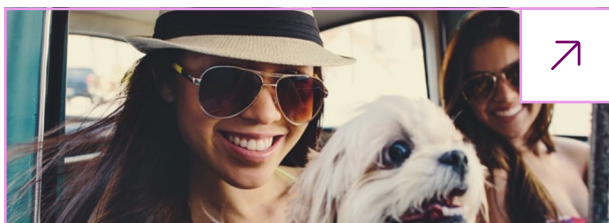
Strong visual systems are essential for your child's overall development. Here's how to make sure you're helping them develop and sharpen their vision at every stage.



June

June 27: National Sunglasses Day

Cataract Awareness Month | Fireworks Eye Safety Month

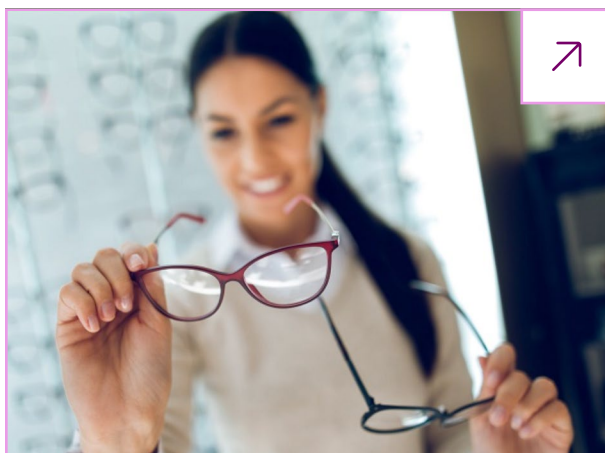


3 Ps of summer eyewear: Protection, polarization, panache

The name of the eye game any season of the year is protection, but especially in the summer when there's more daylight reflecting off a variety of surfaces – water, windows, hot pavement. That's where polarization comes into play. While UV protection is all about blocking potentially harmful rays, polarization cuts down on glare. Add in a little panache, and you've got a powerful, protective combination that makes a bold

3 Ps of summer eyewear: Protection, polarization, panache

While most sunglasses have some form of sun protection, not all are created equal. We're unpacking the three P's to keep in mind for summer eyewear.



Put your best face forward

Just like your sneaker collection or go-to jewelry, eyewear is an important part of your wardrobe. A style statement that's front and center, eyewear is an accessory where health meets fashion, so it's important you choose a frame that's right for you.

What are the benefits of Transitions® lenses?

- LIGHT INTELLIGENT**
Automatically adapts to changing light conditions.
- EVERYDAY EYECARE**
Help protect from UV and filter blue-violet light.
- HASSLE FREE**
Makes every day a little simpler.
- FREE STYLE**
Whatever the frames you love, pick your favorite color. Choose your style.

Which style would work for you?

GEN S™	XTRACTIVE® NEW GENERATION	STYLE MIRRORS	XTRACTIVE POLARIZED®

Our perfect everyday lens

Transitions® GEN S™ is ultra-responsive to light, offers a spectacular color palette and provides 100% vision at the speed of your life.

Transitions GEN S

- gray
- brown
- green
- blue
- purple
- orange

Are Transitions® lenses right for you?

With warmer months on the horizon, now is a great time to use your EyeMed benefits to keep your eyes protected. Learn more about Transitions® lenses, including the latest style, GEN S.

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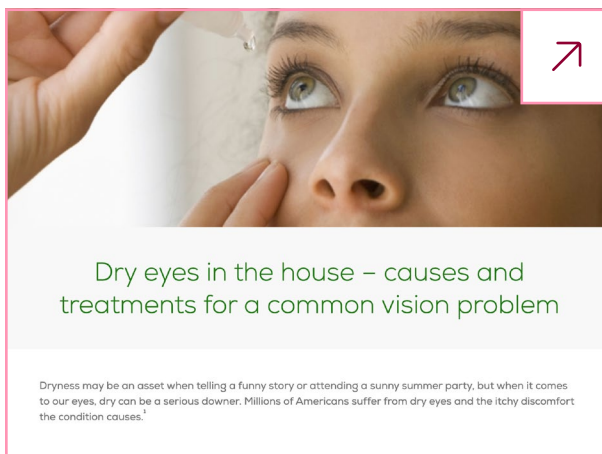
July

UV Safety Month | Dry Eye Awareness Month



Here comes the sun (and how you can protect your eyes)

The days are getting warmer and longer. Here's how to protect your eyes from those harsh UV rays this summer and year-round.



Dry eyes in the house – causes and treatments for a common vision problem

Dryness may be an asset when telling a funny story or attending a sunny summer party, but when it comes to our eyes, dry can be a serious downer. Millions of Americans suffer from dry eyes and the itchy discomfort the condition causes.¹

Dry eyes in the house – causes and treatments

With straining and itchy discomfort, dry eyes can be tough on everyone. Read on about how to relieve, treat and potentially prevent them.



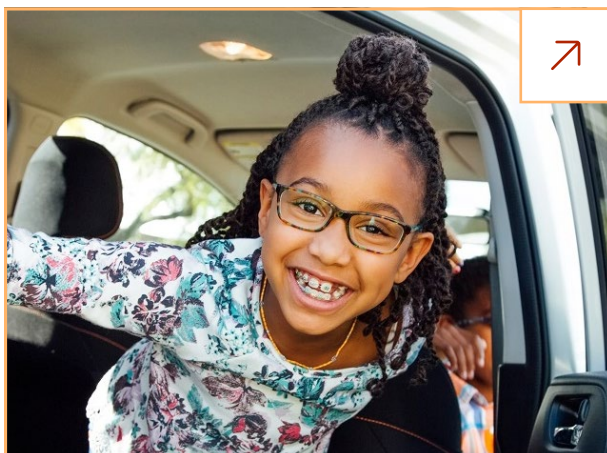
All about eye color

Wondering how you got your one-of-a-kind eye color? Learn how eye color is determined and some easy ways to keep eyes healthy.



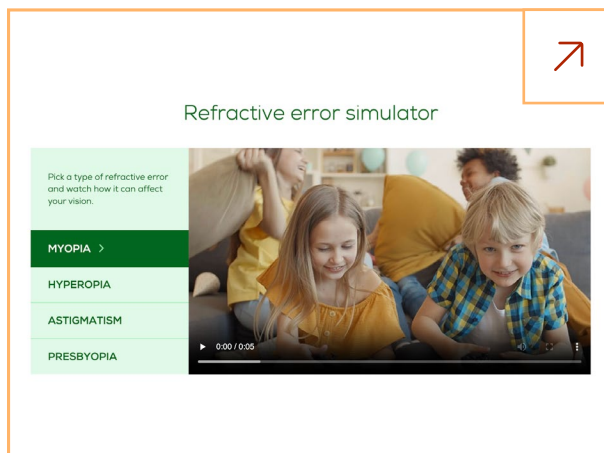
August

National Eye Exam Month | Children's Eye Health and Safety Month



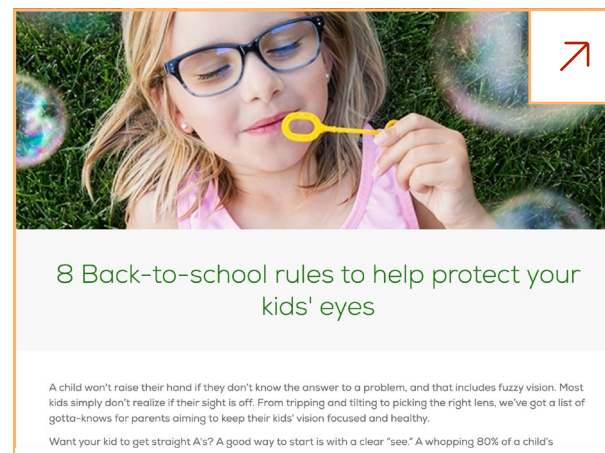
5 reasons to observe National Eye Exam Month

August is National Eye Exam Month and the perfect time to prioritize your family's eye health. Here are 5 key reasons why.



Refractive errors

Our interactive simulator shows you how different types of common refractive errors can affect your vision.



8 Back-to-school rules to help protect your kids' eyes

A child won't raise their hand if they don't know the answer to a problem, and that includes fuzzy vision. Most kids simply don't realize if their sight is off. From tripping and titling to picking the right lens, we've got a list of gotta-knows for parents aiming to keep their kids' vision focused and healthy.

Want your kid to get straight A's? A good way to start is with a clear "see." A whopping 80% of a child's

8 Back-to-school rules to help protect your kids' eyes

With school around the corner, let's learn how we can keep our kids' vision focused and healthy.



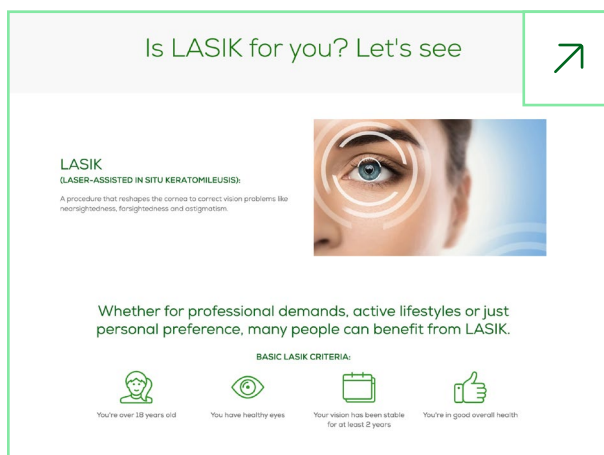
September

Healthy Aging Month



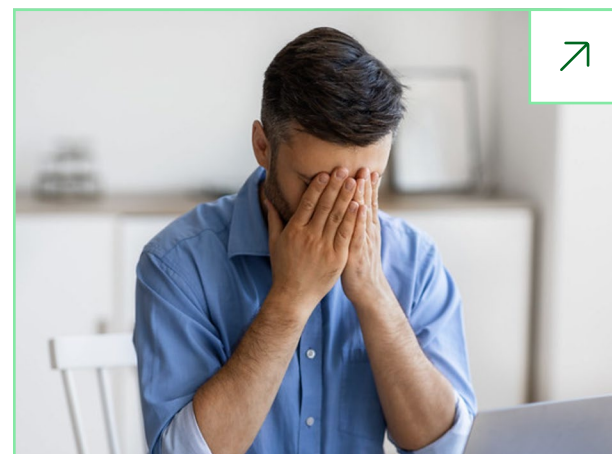
Age-proof your vision

The major causes of vision impairment and blindness in older adults are age-related eye diseases such as glaucoma, cataracts and macular degeneration. Learn the ways to proactively age-proof your vision.



Is LASIK for you? Let's see

Whether for professional demands, active lifestyles or just personal preference, many people can benefit from LASIK.



A clear vision for peace of mind

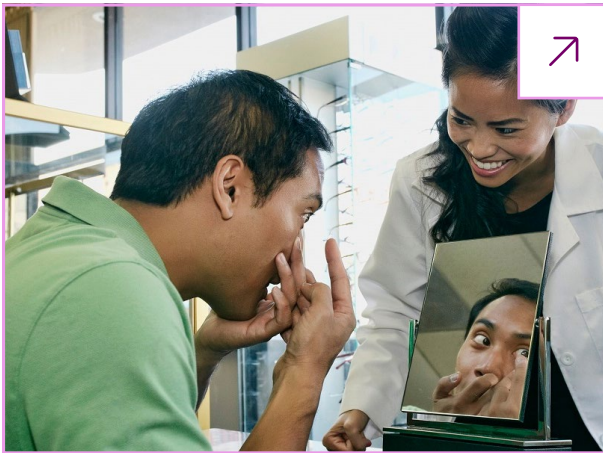
You might not realize it, but your vision can have an impact on your mental health. So, prioritize your overall health and mental well-being by scheduling an annual eye exam.



October

Contact Lens Safety Month | Audiology Awareness Month

October 8: World Sight Day



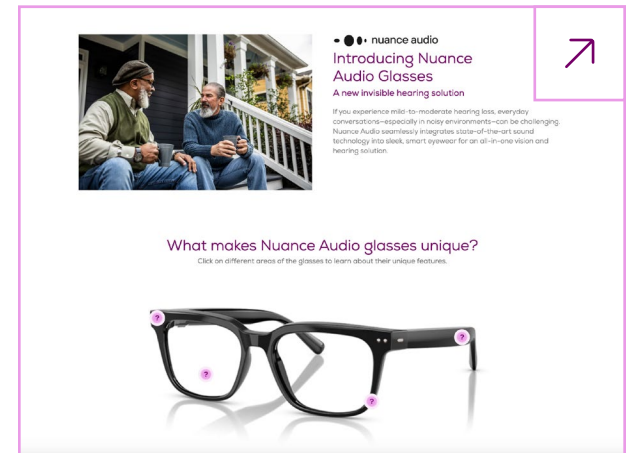
Caring for your contact lenses: 9 tips every wearer should know

Contact lenses are a convenient way to see life clearly. Here are some essential care and safety tips to stay focused on.



World Sight Day

World Sight Day (WSD), celebrated annually on the second Thursday of October, is dedicated to bringing awareness to vision impairment and focuses attention on the importance of good vision.



Now what you see is what you hear

Discover what makes Nuance Audio an exciting and seamless solution for mild to moderate hearing loss.



November

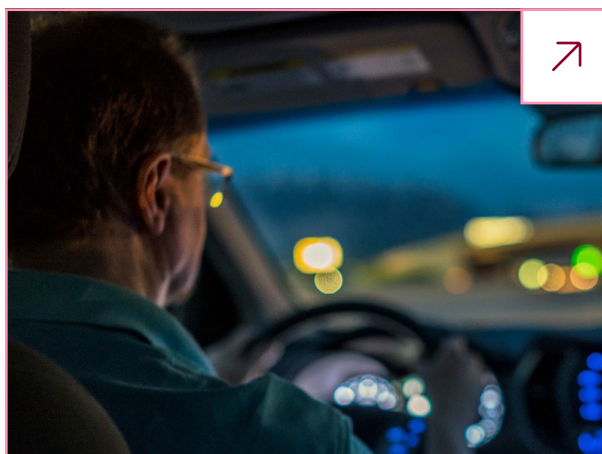
Diabetic Eye Disease Awareness Month



Are you at risk for diabetic retinopathy?

For most of us, our eyesight is not the first thing that comes to mind when we think about diabetes. But actually, diabetes is the leading cause for new cases of blindness among working-age adults.¹

That's because increased blood sugar in diabetic patients can easily damage the tiny blood vessels in the retina, the part of the eye that captures and sends images to the brain. When these vessels are damaged, it can result in blood and fluid leakage in the retina, closure of the blood vessels or formation of new vessels over the retina's surface which can inhibit your vision and cause vision loss.²



Struggling with clear vision at night? You're not alone

Read about essential tips and new innovations to make night driving easier and clearer.



Managing thyroid eye disease

Thyroid eye disease, also called Graves' eye disease, results from the effect of hyperthyroidism on the structures of the eyes. Hyperthyroidism occurs when the thyroid gland produces too much of the thyroid hormone. As a result, the body's immune system attacks the eye muscles and tissues in the eye socket, causing swelling, inflammation and limited movement of the eye.¹

There are four risk factors for thyroid disease.²

Managing thyroid eye disease

Discover the risks and symptoms of thyroid eye disease and how an eye doctor could help.



December

National Safe Toys and Gifts Month



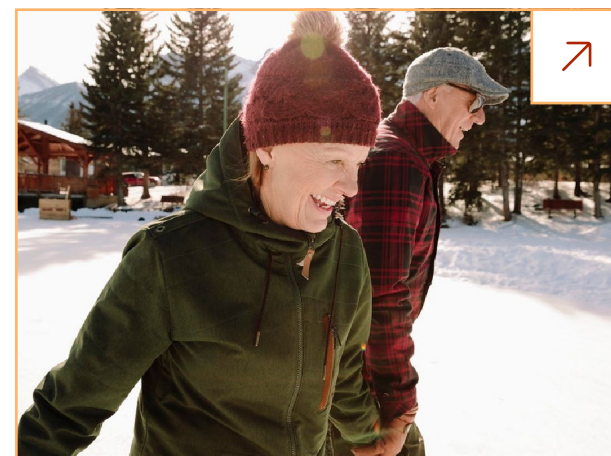
Eye safety and the holidays

It's important to keep your eyes safe and healthy all year long, but the holiday season tends to put us in situations where we might need to be extra careful with our eyesight – it's a precious gift, after all.



5 ways to use your vision benefits before they expire

It's important to stay up to date on your wellness and take full advantage of your annual health benefits. Here are 5 ways you can use your vision benefits before they expire.



How winter weather impacts your eyes and what you can do about it

Don't let colder temps and strong winds slow your eyes down. Dive into winter weather eye problems and ways to fix them.

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