



Vision

What you should know

# Are allergies the reason behind your itchy or sore eyes?

A trip to the local drugstore is often the first stop when allergy season is in full swing. Unfortunately, many over-the-counter medications can make eye-related symptoms worse.

If you have eye-related symptoms there is not a one-size-fits-all approach. There are many factors that go into finding the right treatment. The most important can be seeing your eye doctor. During your appointment, it is important to tell your doctor about your symptoms. Your eye doctor may suggest changes in your daily routine or prescribe a medicine to treat your symptoms.

### You can help yourself by:

- Limiting contact with things in the air that may be making your symptoms worse, like pollen or dust (keeping the windows closed during the worst seasons)
- Rinsing your eyes after being outside to make sure your symptoms don't get worse

### Contact lens wearers should make sure to:

- Limit wearing time
- Replace lenses as your eye doctor recommends
- Care for lenses as instructed and do not change your contact lens solution without talking with your eye doctor

Enjoy the seasons, don't suffer through them. Talk to your eye doctor today and say goodbye to eye allergy symptoms — and enjoy your time outside.



Eye doctors can help with your eye allergy problems and coordinate with your primary doctor if other problems are found during your exam.

Get an annual eye exam to see your way to better overall health!



Source: emedicinehealth.com

UnitedHealthcare vision coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number VPOL.06.TX or VPOL.13.TX and associated COC form number VCOC.INT.06.TX or VCOC.CER.13.TX.