

# Understanding dry eye disease



Tears are more than an emotional response. They help prevent dry eyes and let your eyes see clearly, with no pain. When your body doesn't make enough tears or the tears don't work well enough, you could have dry eye disease, also called dry eye syndrome.

▶ **16M** Americans of all ages have dry eye disease\*

Dry eyes can be temporary or ongoing and be a result of eyelid problems, too much screen time, childhood myopia (nearsightedness), being in dry air, or aging.\* Symptoms can include a burning or itchy feeling, tired or sore eyes, blurred eyesight, redness, or even watery eyes.



## Do you need an eye doctor?

To find an eye care professional in your plan's network, use the Find Care feature on our **Sydney<sup>SM</sup> Health** app or **anthem.com**.

\* All About Vision: *Dry eyes: Symptoms and causes* (accessed January 28, 2023); [allaboutvision.com](http://allaboutvision.com).



# How to relieve dry eyes

## Get regular eye exams

Having a complete eye exam is the first step toward taking good care of your eyesight and protecting it for years to come. Your eye doctor can test your eyes for dry eye disease, see how severe it is, and find out what might be causing it. They can then suggest the best treatment to keep your eyes healthy, comfortable, and seeing well.

## Use eye drops

Eye drops add moisture and can help soothe symptoms of dry eyes. If your eyes still bother you after using eye drops, check with your doctor to find out if there might be some other reason.

Two categories of drops for dry eyes are:

1. Over the counter: You can buy moisturizing eye drops, called artificial tears, to help ease symptoms of occasional or temporary dry eyes.
2. Prescription: Your doctor can prescribe eye drops specific to your condition and its severity.



## TIP: Save money on eye drops

With your Blue View Vision plan, you can save up to 30% on prescription preservative-free eye drops such as low-dose Atropine for myopia and Total Tears for dry eyes when you get them filled using ImprimisRx® home delivery. Talk to your eye doctor to order or for more information.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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