

Hearing and Eye Tests



Getting your hearing tested and your eyes checked is an important part of keeping up with your health. Since hearing loss and vision problems often grow slowly over time, the symptoms can be easy for you to miss it. If you stay on top of your exams, your doctor has a better chance of finding any problems sooner and can better take care of you.

Hearing Tests

- Almost 30% of people 60 years and older show signs of hearing loss due to the slow breakdown of tiny hair cells in the ears that takes place as you get older.
- It's important that you get your hearing checked at least once every three years.
- To help stop the acceleration of hearing loss, try to stay away from too much loud noise.
- Wear hearing protection if you will be around loud sounds for more than a few minutes.
- Proper earwax removal is also important. Avoid compacting earwax with cotton swabs by using a specifically designed removal kit instead.



Eye Tests

- It's normal for vision to change over the years.
- Eye diseases like glaucoma and cataracts are common as you age.
- Get your eyes checked every 2 years up to the age of 60 and then every year after that.
- If you have vision problems or risk factors for eye problems like diabetes, you should get your eyes checked more often.



For more information on PrimeCare, call our toll-free number or visit our website.

1-888-313-7929 | primecare.com

SOURCES:

<http://www.webmd.com/healthy-aging/severe-hearing-loss-10/prevention>
<http://www.webmd.com/healthy-aging/guide/milestone-medical-tests-60-up>
<http://www.webmd.com/eye-health/senior-years>

PrimeCare
Part of OptumCare®

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-956-8000.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-956-8000.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-956-8000。

PrimeCare is part of OptumCare®, a leading health care delivery organization that is reinventing health care to help keep people healthier and feeling their best. Learn more at optumcare.com. Optum® and OptumCare® are trademarks of Optum, Inc.

© 2017 PrimeCare Medical Network, Inc. All rights reserved.