

Eye on Health



EyeCare America Offers No-Out-Of-Pocket-Cost Medical Eye Care To Qualified Seniors

National Campaign Reminds Seniors: "The Best Things In Life Are FREE!" Including An Eye Exam And A Book Of Eye-Healthy Dessert Recipes

(NAPSA)—EyeCare America is reminding seniors that sometimes, "The Best Things in Life Are Free," and that you can't put a price tag on love, friendship or the importance of eyesight. This Valentine's Day campaign encourages those age 65 and older to call EyeCare America to see if they qualify for a free exam.

EyeCare America's national Valentine's Day health campaign runs through the month of February, encouraging people to call EyeCare America. This year-round program provides eye exams at no out-of-pocket cost to people age 65 and older and offers free educational materials. The eye exams are provided by a corps of nearly 7,000 volunteer ophthalmologists across the U.S. Those interested in the program can visit www.eyecareamerica.org to see if they are eligible. The organization's online referral center also enables friends and family members to find out instantly if their loved ones are eligible to be matched with an EyeCare America volunteer ophthalmologist.

"Blindness and vision impairment have enormous personal, social and economic costs, limiting the activities of otherwise healthy and active people," said Richard P. Mills, M.D. "By increasing awareness of eye disease and its risk factors and connecting more people with the exams and care they need, EyeCare America works to reduce preventable blindness in the U.S., thereby allowing our seniors to live more fulfilling and active lives."

As part of this national campaign, celebrity chefs from around the country have contributed delicious eye-healthy desserts for two that are perfect accompaniments to any romantic Valentine's Day dinner. All recipes are made with foods filled with eye-healthy vitamins and antioxidants, both of which have been proven to help preserve eyesight. Recipes can be found online at www.eyecareamerica.org. Visitors are encouraged to download the recipe cards and share them with a loved one. The complete set of eye-healthy dessert recipe cards makes a thoughtful Valentine's Day gift. And they're FREE!



Free eye care and exams are available to certain older Americans.

EyeCare America is designed for people who:

- Are U.S. citizens or legal residents
- Are age 65 and older
- Have not seen an ophthalmologist in three or more years
- Do not receive eye care through an HMO or the VA.

To see immediately if you, a loved one or a friend, 65 or older, is eligible to receive a referral for an eye exam and care, visit www.eyecareamerica.org.

EyeCare America is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon. The program is endorsed by state and subspecialty ophthalmological societies.

About EyeCare America

Established in 1985, EyeCare America, the public service program of the Foundation of the American Academy of Ophthalmology, is committed to the preservation of sight, accomplishing its mission through public service and education. EyeCare America provides eye care services to medically underserved seniors and those at increased risk for eye disease through its corps of nearly 7,000 volunteer ophthalmologists dedicated to serving their communities. More than 90 percent of the care made available is provided at no out-of-pocket cost to the patients. Since its inception, EyeCare America has helped more than 1.5 million people. EyeCare America is a non-profit program whose success is made possible through charitable contributions from individuals, foundations and corporations. More information can be found at www.eyecareamerica.org.