

Healthy You

FAST FACTS FOR YOUR HEALTH

Choosing Glasses or Contacts

Has reading or watching TV become more difficult for you recently? Or maybe you can't quite make out road signs until you're pretty close to them? Then you're probably one of the millions of Americans in need of some type of vision enhancing eyewear. If this is your first time in need of corrective lenses, you may have some questions. DeltaVision is here to help. Let's start by looking at glasses vs. contact lenses.

Glasses or contacts: Which is right for you?

The answer to this question really depends on you — your lifestyle, budget and style preferences.

Eyeglasses, for instance, are pretty low-maintenance. They don't require a lot of cleaning, and you don't have to touch your eyes to wear them. Glasses can also be cheaper in the long run because you don't have to replace them as often. And you can choose frames that fit your personal style.

Contacts, on the other hand, let you participate in sports and other activities easily. Also, because they sit directly on your eyes, there's nothing to get in the way of your peripheral vision. And you don't really have to worry about losing or breaking your contact lenses.

Shopping tips

When it comes to buying contacts and eyeglasses, you have a lot of options — including online sellers, local eye care providers, big-box stores and more. Keep these tips in mind as you shop:

Do your homework

Learn about your options first. Websites like consumerreports.org, glasses.com and contactsdirect.com are all good sources of information.

Compare prices on frames

Once you've found a few frames you like, write down the brand and model number. That makes it easy to comparison shop online and by phone.

Check your insurance

Make sure you understand what frame and/or lens options are covered (and for how much) and which providers are in-network. If your employer offers DeltaVision, you can call 1-888-899-3747 or visit eyemed.com.

Get regular eye exams

Even after you have your new glasses or contacts, make annual eye exams a priority. In addition to the regular check up, they can also catch vision and other health problems early.

If it's been more than a year since your last eye exam, contact your eye care professional to schedule an appointment. Most vision plans — including DeltaVision — cover annual eye exams. (If you're not sure if you have DeltaVision, ask your human resources representative.)

Tips for Healthier Halloween Smiles

Goblins. Witches. Ghosts. Halloween is full of fear and frights! But have you stopped to consider that this may be the scariest time of the year for your dentist? If your family partakes in Trick-or-Treat night, it's inevitable to end the night with a bucket full of candy. And too much candy is guaranteed to have you end up in the dental exam chair. Here's a few tips as you head into the holiday!

1. **Limit chewy and sticky sweets.** Candies such as caramel and taffy cling to teeth, which gives cavity-causing bacteria time to set up shop. If these can't be avoided, it is best to brush soon after consuming.
2. **Chocolate is a better option.** While still loaded with sugar, chocolate melts fast and washes off of teeth easily.
3. **Moderate the candy haul.** Instead of letting kids have free rein, dole out a few pieces with meals. This one goes for Mom and Dad, as well!
4. **Consider a buy-back program.** Some dentists offer up to a dollar per pound of sweets. If you can't find a buy-back program, consider inventing your own!

Have a happy, healthy Halloween!