

May 2024



# Health & Life

*the Eder Way*

## I can see clearly now

Your vision can slowly change over time, becoming blurry, hazy, or less colorful so gradually that you don't realize it's happening. It's a common experience many of us share as we age, due to a condition called cataracts.

As a man in my late 70s, I too found myself with cataracts. I had the routine surgery that replaced each eye's natural lens with a tiny artificial lens. My vision is brighter and whiter, and my overall sight improved. The world just looks better.

If you're struggling with cloudy vision, I'd encourage you to check with your Ophthalmologist. Eder's medical insurance typically covers this type of surgery, and since it's become a common procedure, other plans might also offer coverage. With May marking Healthy Vision Month and Mental Awareness Month, it's the perfect time to shed light on not only caring for your eyesight but focusing on your overall state of mind.

*Jim Lehman*  
Staff Writer



# PREVENT

*what you cannot  
see coming*



Could you have glaucoma? According to the Centers for Disease Control and Prevention, 50 percent of people with glaucoma don't know they have it. That means they are not getting the treatment they need and could go blind. There is presently no cure for glaucoma, but if it is caught early, vision loss can be prevented. So, diagnosis and treatment are critical.

If you have vision insurance from Eder, you can save as much as 100% off the cost of routine eye exams and treatment, which means you either pay nothing or a copayment.

Other symptomless eye diseases, such as macular degeneration, diabetic retinopathy, and cataracts could be caught early with routine exams. But that's not all. Regular eye exams can lead to diagnoses of other health problems as well: diabetes, high blood pressure, high cholesterol, rheumatoid arthritis, brain tumors and neurological problems, and allergies.

If you do not have access to Eder Vision Insurance, ask your regular insurance broker about a similar plan. A good vision policy is worth every penny.

## Grief is a measure of how much you loved

May's designation as Mental Health Awareness Month is a reminder that our emotional well-being is just as vital as our physical health. Whether you're a caregiver or navigating your own grief journey, it's important to give yourself permission to grieve fully and learn [how to cope](#). Here are some things to consider:



- Embrace your grief as a natural part of the healing journey. Recognize that it reflects the depth of your love for the person you've lost.
- Explore different coping strategies to express your emotions and find what works best for you. Journaling, talking to a friend, or engaging in creative activities, could be outlets that help you navigate through the pain.
- Be prepared for grief to ebb and flow like the tide, while some days you may feel the entire weight of the ocean. Be patient and compassionate with yourself. While grief may never fully disappear, time does bring healing. But you do not go back to what life was before. Some people say they find a "new normal."

Eder Medical Plan members have access to Mental Well-Being powered by Spring Health. Spring Health offers in person and virtual access to in-network therapy/counseling and coaching to help members navigate grief and other challenges. If you are an EMP member and want to get started or if you have questions, call 1-855-629-0554 (M-F, 8am-11pm ET) or visit [highmarkbcbs.springhealth.com](https://highmarkbcbs.springhealth.com).

Talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or [insurance@eder.org](mailto:insurance@eder.org).