

## HOW WELL DO YOU SEE?

Are your eyes under strain from multiple visual demands? Healthy eyes can greatly improve the quality of your life. Read on for more eyecare tips and exclusive promotions on eye exams and eyewear.



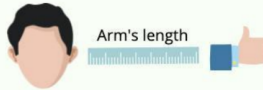


Enjoy!

# EYE CARE TIPS

Many of us take our eyes and vision for granted, until our vision blurs. Here are some tips to take care of your eyes!

- **Eye exercises:**

Do this everyday to help combat eye strain and pain, and also to strengthen your eye muscles.

<h2>1 FOCUSING</h2> <ul style="list-style-type: none"><li>• Hold your thumb around 15cm from your face and focus on it for 20 seconds</li><li>• Focus on another object 5-6m away for 20 seconds</li><li>• Return your focus to your thumb</li><li>• Repeat 5 times</li></ul>		<h2>2 ZOOMING</h2> <ol style="list-style-type: none"><li>1. </li><li>2. </li><li>3. </li></ol> <ul style="list-style-type: none"><li>• Place your thumb a few inches from your face and focus on it</li><li>• Stretch your arm while holding focus on your thumb</li><li>• Bring your thumb back toward your face while holding focus</li><li>• Repeat 3 times</li></ul>
<h2>3 EYE ROLL</h2> <ul style="list-style-type: none"><li>• Face front and look to the right</li><li>• Roll your eyes up to the ceiling, to your left, and down to the floor</li><li>• Repeat for 10 times</li><li>• Switch direction and repeat for another 10 times</li></ul>		<h2>4 FIGURE-OF-EIGHT</h2> <ul style="list-style-type: none"><li>• Pick a point on the wall about 3m away and focus on it</li><li>• Trace the shape of a figure 8 using your eyes for 30 seconds</li><li>• Switch directions and repeat for another 30 seconds</li></ul>

- **20-20-20 breaks:**

When engaging in near work activities (i.e., reading books or using digital devices), encourage regular breaks, i.e., look 20 feet (6 metres) away for 20 seconds every 20 minutes.

- **Optimal reading distance:**

The recommended viewing distance for your mobile phone, laptop and desktop is 40, 50 and 70 cm respectively.

## DID YOU KNOW?

Did you know glaucoma, cataracts and age-related macular degeneration are the leading causes of blindness? In Singapore, 2 in 3 people above the age of 40 who have serious cataract do not know about it.

### Are you having any of these symptoms?

- Blurry Vision
- Itchy/Watery eyes
- Floaters
- Flashes



Get a comprehensive eye exam today!

### Are you at risk for eye diseases?

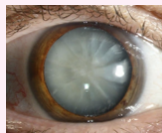
- Diabetes
- High blood pressure
- Smoker
- Family history of eye diseases
- High myopia (>600 degree)



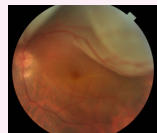
Did you know some eye diseases such as glaucoma have no symptoms? Only a comprehensive eye exam can diagnose any underlying eye conditions.

## Comprehensive eye exam

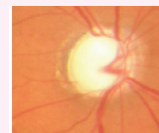
Screen for eye diseases



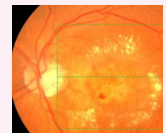
Cataracts



Macular Degeneration



Glaucoma



Retina Detachment

### When should you change your glasses?

If you are not seeing clearly at near or far with your current glasses, it is time to check your vision.

Even if your prescription remains the same but your lens coating wears off (usually after 2 years), it might not protect your eyes as well from harmful blue light or UV rays.

Did you know that the lack of UV protection from the sun can make your eyes age earlier and cause cataracts?



**Time for new glasses!**

Healthy eyes, Healthy me  
New year, New look



# EXCLUSIVE PROMOTIONS FOR SAAP MEMBERS & IMMEDIATE FAMILY

## COMPREHENSIVE EYE EXAM + CONSULTATION

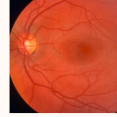
*How well you see matters.  
Keep your eyes healthy with regular eye exams*

**Optometrist  
Consultation  
Optical Store\***  
**\$59 (U.P. \$80)**

**Ophthalmologist  
Consultation  
Eye Clinic\*\***  
**\$88 (U.P. \$130)**

To detect any eye abnormalities or underlying eye conditions and diseases. Includes:  
Eye pressure test,  
Slit lamp exam,  
Retinal imaging\* or dilated optic nerve and retinal examination\*\*,  
Refraction and  
Consultation with qualified optometrist\* or ophthalmologist\*\*.

## FREE RETINAL EXAMINATION OR VISION SCREENING WORTH \$50^



### RETINAL IMAGING

DETECT CONDITIONS SUCH AS RETINAL DISEASES, MACULAR DEGENERATION ETC  
DID YOU KNOW THE RETINA IS THE ONLY PLACE IN THE HUMAN BODY TO SEE YOUR NERVES AND BLOOD VESSELS, WITHOUT ANY INVASIVE PROCEDURE ?



### NON-CONTACT VISION SCREENING

DETECT 6 COMMON EYE CONDITIONS\*  
FOR ALL AGES FROM 6 MONTHS OLD

\*Includes shortsightedness, farsightedness, astigmatism, eye misalignment, unequal pupil size and unequal refractive power

^One free retinal imaging or vision screening for every eyewear purchase above \$200 for our home optical service. Our optometrist will visit your home to do the examination and fit eyeglasses for you and your family.

## CORNEAL REFRACTIVE SURGERY



### Consultation:

Only \$88! Usual Price: \$130

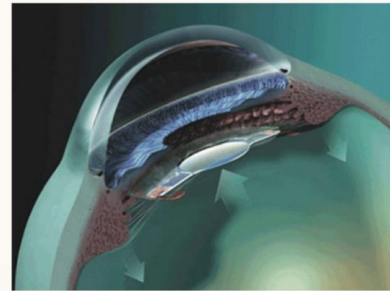
### Surgery per eye (Novena):

LASIK standard **\$1,550**

iDesign iLASIK **\$1,750**

iDesign iLASEK **\$1,750**

## CATARACT



### Pre-Cataract Screening + Consultation With Ophthalmologist:

Only **\$88!** Usual Price: \$130

# EXCLUSIVE PROMOTIONS FOR SAAP MEMBERS & IMMEDIATE FAMILY

## PRESCRIPTION EYEGLASSES

### TIRED EYES?

#### BLUE PROTECT FROM \$138

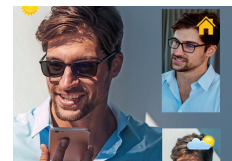
Blue protect lenses can block harmful blue light and help to relieve eye strain and fatigue.



### GO BETWEEN INDOORS AND OUTDOORS OFTEN?

#### TRANSITIONS FROM \$188

Photochromic lenses can block UV rays and filter harmful blue light both indoors and outdoors.



### LONG PERIOD STARING AT SCREENS?

#### DIGITAL BOOSTER LENS FROM \$288

Digital booster lens offer relief for your overworked eyes



Available at 20 optical stores and at home\*

### Stay Home\* Offers

15% off 2nd pair of eyewear

25% off 3rd and subsequent eyewear

\*Home optical service: Optometrist visits your home to give you an up-to-date prescription, let you try on frames, advise you on appropriate lenses, and fit eyeglasses in comfort of your own home. Eyeglasses delivered to your doorstep.

\*Discount off lower priced items

\*Available for purchases for adults/kids eyeglasses in the same household

## CONTACT LENSES



#### BUY 3 GET 1 FREE

For Clariti 1 Day, Clariti 1 Day Multifocal, and Clariti 1 Day Toric contact lenses!



#### BUY 1 GET 1 FREE

for FreshKon Alluring Eyes & Colors Fusion 1-Day (10 PCS) and 1-Month cosmetic contact lenses!

Available at 10 optical stores

# EXCLUSIVE PROMOTIONS FOR SAAP MEMBERS & IMMEDIATE FAMILY

## 360° EYE CARE

360° Eye Care plan  
**\$99** (\$45 off)

### 360° Eye Care includes:

- One comprehensive eye exam and consultation with optometrist\* at Optical Store (\$80)
- Frames, Eyeglasses, Sunglasses Voucher (\$50)
- One 50ml bottle of lens cleaner (\$5)

\*Top up \$30 for consultation with ophthalmologist at eye clinic

#### Terms and conditions:

- This plan is transferable within family members and is valid for 6 months from date of purchase.
- Frames, eyeglasses, sunglasses voucher can be redeemed through e-store, optical stores or home optical service.

## 360° EYE CARE PLUS

360° Eye Care Plus plan  
**\$169** (\$100.10 off)

### 360° Eye Care Plus includes:

- One comprehensive eye exam and consultation with ophthalmologist at Eye Clinic (\$139.10)
- Frames, Eyeglasses, Sunglasses Voucher (\$50)
- One 50ml bottle of lens cleaner (\$5)
- One month supply of eye vitamins (\$45)
- 24/7 online visual acuity test (\$30)

#### Terms and conditions:

- This plan is transferable within family members and is valid for 6 months from date of purchase.
- Frames, eyeglasses, sunglasses voucher can be redeemed through e-store, optical stores or home optical service.

## Book an appointment



<https://myeyematters.com/saap>

OR Whatsapp +65 88501568

### Our e-store



<https://myeyematters.com/estore>

### Online visual acuity test



<https://myeyematters.com/visual-acuity>

### Eye health blog



<https://myeyematters.com/blog>