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6 EYE-OPENING FACTS THAT WILL HAVE YOU BOOKING AN EYE EXAM

AN EYE HEALTH Q&A WITH AN
EXPERIENCED OPHTHALMOLOGIST

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Would you ever go more than a year or two without a visit to the dentist to get your teeth cleaned? Probably not. Unfortunately the same standard doesn't exist for eye exams.

It's strange that sight is one of our most valued senses (if not number one), yet eye care is still not a priority for many. In fact, about 70% of our patients haven't been to an eye doctor in several years, if ever at all.

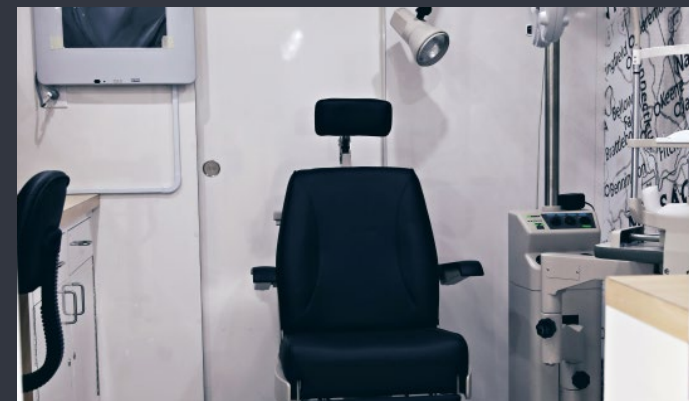
So why is there this gap between the importance of vision and vision care? We have a good hunch: inconvenience and lack of knowledge. 2020 On-site is on a mission to close the loop on both.

When it comes to knowledge of eye care, there are few people better versed than our Chief Medical Officer, Shazia Ahmed, an eye surgeon and entrepreneur who was kind enough to take a break and sit down with us for a Q&A.

Among other thing, we wanted to know, from her medical viewpoint:

- Why are routine eye exams so important?
- Why are they particularly critical for workplace wellness?
- What role do they play in preventive health?

After a few blank stares in her direction, she did us a favor and broke it all down in layman's terms (you're welcome).



1

Q: What is the biggest reason you should get an eye exam?

A: The biggest reason to get your eyes examined is to preserve your vision; it's one of the essential senses that we're given. Oftentimes, there are local and systemic conditions that can affect your ability to see well - and they can be detected through an eye exam. An eye doctor can detect, early on, potentially blinding conditions such as glaucoma, diabetes, or macular degeneration. Early detection leads to early treatment, which can allow you to protect your vision.

Additionally, it's important to get an eye exam to ensure you are seeing well. Many people don't realize it's possible to see better, since your reference point is how you view the world at that one point in time. **A lot of times people don't realize they're not seeing well until they get a pair of glasses in front of their eyes, and then they realize how clearly in focus the world can be.**



Eye-Opening Fact: Out of 14 million American cases of vision impairment, 11 million could be corrected with proper refraction.¹

2

Q: Why is it important for employers to offer their employees access to eye care?

A: I think it's important for employers to care about the health of their employees. At a very basic level, you need your employees to be healthy in order for them to work. So employers, by nature of the employer-employee relationship, should be invested in their employees' healthcare needs.

The value proposition behind eye care is simple: **in order for your employees to work well, they need to see well.** An eye exam allows your employees to maintain and be proactive about their eye health, which enables them to keep giving it their all at work each day.



Eye-Opening Fact: Vision disorders are terrible for productivity and cost businesses an estimated \$8 billion a year as a result.²

3

Q: Are there certain industries where an eye exam is crucial?

A: In the case of a lab or manufacturing environment, it goes beyond encouraging regular eye exams, as safety glasses should be at the forefront of workplace health: facilitating their purchase, ensuring proper eyewear is selected, and educating employees on the importance of safety glasses is a necessity.



Eye-Opening Fact: Out of about 800,000 annual work-related eye injuries, 90% can be prevented.³

4

Q: How does diabetes tie into an eye exam? What other diseases can be detected with an eye exam?

A: Diabetes is one of those conditions that unfortunately affect multiple organ systems within the body, including the eyes. In the case of the eyes, the end effect of diabetes can be decreased vision or blindness. So it's really important for diabetics to at least get a baseline yearly eye exam, and they may need to increase their number of visits depending on what is found in the retina (back of the eye).

The eyes, literally, are the window to the health of the rest of your body. You can examine the inside of the eye without cutting into it. **And there are multiple systemic conditions you can easily detect in an eye exam – diabetes is one of them, but you can also detect high blood pressure and infectious and autoimmune diseases** that affect the eye. It is an important part of the body that needs to be examined because it can be an indicator for the overall health of your employees.



Eye-Opening Fact: Early detection and treatment of diabetic retinopathy, the leading cause of blindness in the U.S.⁴, can reduce the risk of vision loss by 95%.⁵

Q: How can companies help their employees avoid long-term vision damage?

A: Companies can help their employees avoid long-term vision damage by encouraging and incentivizing them to get their eyes examined. **An eye exam is key to screening for potentially harmful conditions such as diabetes, glaucoma, and macular degeneration.** And early detection can allow for early treatment, which can lead to better visual outcomes. It also gives the employee the opportunity to learn more about their eye health, and address certain workplace-related conditions they may experience – things like eye fatigue, strain, or dry eye syndrome, which employees often suffer from because they stare at their computer screen for prolonged periods of time, without blinking much. I think the opportunity to actually speak to a doctor and get your eyes examined is the best thing you can give to your employees when it comes to vision care.



Eye-Opening Fact: An estimated 3 million Americans have glaucoma, but since it shows no early symptoms, as many as half of those people don't know they have the disease.⁶

Q: How are computers, tablets, and mobile devices affecting employees' vision?

A: Employees are spending a lot more time staring at their computer screen in recent years, and when you're staring at something you don't blink as often, resulting in dry eyes for many employees. All this staring means you don't blink as often, which results in dry eyes for many employees. There's something called Computer Vision Syndrome they may be experiencing.

These are all essentially ways to describe the fact that your eyes will get fatigued when you're staring at a computer, mobile device, or tablet. And that's a real problem, because so many of your employees spend 8 hours or more a day on their computers.

So, how do you get employees to engage in their work while not over-tiring their eyes? To name a few ways: encourage computer breaks, promote the importance of eye exams, and make eye care more accessible.



Eye-Opening Fact: Nearly 90% of those who use a computer at least three hours a day suffer computer-related eye strain and vision problems.⁷



Q: What part about 2020 On-site are you most excited about?

A: What's exciting about 2020 On-site is that we're changing the way vision care is accessed. We're doing something truly groundbreaking in an industry that hasn't changed or evolved much in decades. Our service means that you don't have to go to the traditional brick-and-mortar store in order to get your eyes examined. We've really listened to what patients want from their doctors, and tried to create a service that caters to that. There's a problem in this marketplace: people want to engage with their healthcare services but they don't have the time to do so. Thus there is a demand to make healthcare more convenient and consumer-friendly. Patients have spoken to the fact that they'd be more willing to get an eye exam if it was easier to do so. We're trying to meet this demand and fill this hole in the industry by bringing the eye doctor to companies and schools. In doing so we are exponentially increasing access to healthcare and allowing busy professionals and students in need to engage in their ocular health - and that's really powerful.

Ultimately we're seeing more patients, screening for more diseases, and hopefully maintaining and restoring vision in the process. Our goal was to increase access to a high-quality eye exam, and we thought this was something patients would respond very well to. And they have.

It's been amazing to see the overwhelmingly positive response that we've seen; people actually engaging in their eye health and wanting to be active participants and learners, and wanting to really engage in the preventative aspects of medical care. We've now served over 270 companies in 3 markets and provided eye exams to about 15,000 patients, and we're still growing.

So there you have it – the medical argument for regular eye exams as a critical component to our health – straight from the mouth of an experienced, highly educated eye care professional. Next time you think about putting off an eye exam, we hope you remember this interview and change your mind!



Shazia Ahmed, MD

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2020 On-site
Ophthalmologist Cornea,
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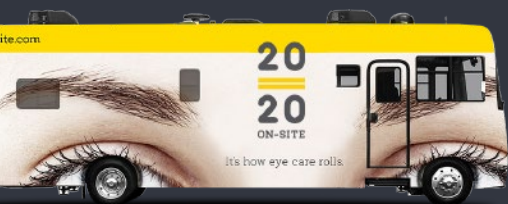
Shazia Ahmed is 2020 On-site's Chief Medical Officer, with responsibilities including Department of Health approval, selecting medical equipment and EMR vendors, and interviewing/hiring optometrists, to name a few.

Shazia is a board-certified ophthalmologist with an interest in ocular surface diseases and corneal abnormalities. Her surgical interests include corneal transplantation, minimally invasive cataract surgery, and laser vision correction.

She obtained her fellowship training from Baylor College of Medicine and did her residency training in Ophthalmology at Tufts Medical Center. She holds a doctorate of medicine from the Medical College of Georgia and a bachelors of science from Brown University where she majored in Mechanical Engineering.

Shazia is a member of the American Academy of Ophthalmology and American Society of Cataract and Refractive Surgery. In the past she has volunteered abroad to deliver eye care in underdeveloped countries. She looks forward to going on many more mission trips in the future and making eyecare an accessible and convenient service to all.

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Want to make preventive health easier for your employees?

Contact us at info@2020onsite.com or visit 2020onsite.com for more information.

1 "Fast Facts." Basics of Vision and Eye Health. Centers for Disease Control and Prevention, 10 May 2016. Web. 22 July 2016.

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4 "Leading Causes of Blindness." Leading Causes of Blindness. NIH Medicine Plus, July 2008. Web. 22 July 2016.

5 "Facts About Diabetic Eye Disease." Facts About Diabetic Eye Disease. National Eye Institute, 01 Sept. 2015. Web. 22 July 2016.

6 Dahl, Andrew A., MD, FACS. "Glaucoma Symptoms, Treatment, Causes -- How Common Is Glaucoma? -- MedicineNet." Glaucoma. MedicineNet.com, 23 Sept. 2015. Web. 22 July 2016.

7 "Employee Vision Problems Costly for Employers (7/5)." Industrial Safety and Hygiene News, 5 July 2007. Web. 13 Jan. 2016