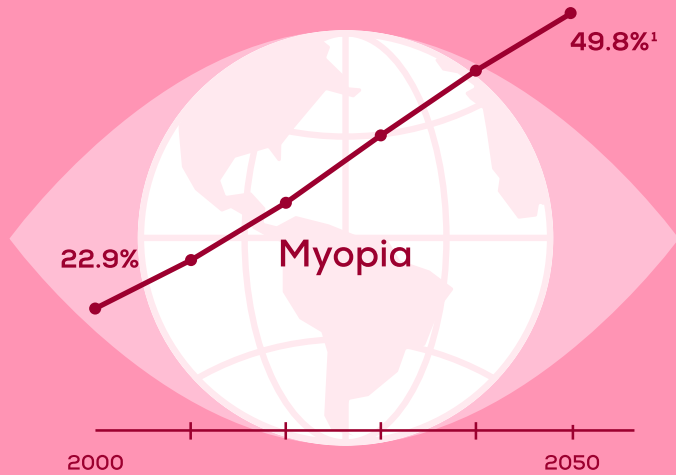


# Putting myopia in focus

Understanding and managing  
a global vision epidemic

IT'S TIME TO OPEN MORE EYES

# A quickly growing vision issue

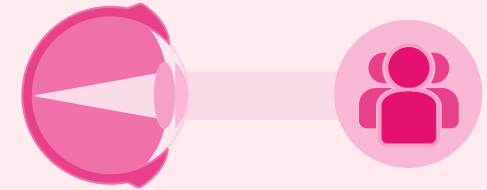


## What is myopia?

Myopia, also known as nearsightedness, is a vision condition where close-up objects appear clear but distant objects appear blurry. It's a refractive error that occurs when the eye grows longer than it should, making it difficult for light to focus on the retina. The result: blurred vision.

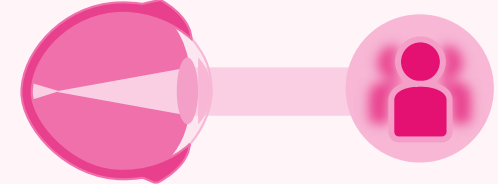
### NORMAL VISION

Light hits on back of retina to create clear image



### MYOPIC VISION

Elongated eye creates shorter retinal focus, making distant objects blurry



## The global prevalence of myopia is steadily progressing<sup>1</sup>

No longer possible to ignore, myopia is a worldwide epidemic – one of the most common vision disorders in the world.<sup>2</sup> Even in the U.S., myopia levels are nearly 42% – up from 25% in the 1970s.<sup>3</sup>

MORE THAN  
**40%**

of Americans are myopic<sup>3</sup>

By 2050, myopia will affect upwards of **52% of the world**<sup>1</sup>

Children under 12 with myopia are **15.7 times more likely to suffer from high myopia**<sup>4</sup>

## Serious risks for increasing levels of myopia

When the eyeball becomes very long from front to back (high myopia), it's even harder for patients to see—and puts them at risk for serious eye health problems like retinal detachment, cataracts, glaucoma and optic neuropathy.<sup>5</sup>

<sup>1</sup>"Myopia is Growing Around the World"; International Myopia Institute; myopiainstitute.org; accessed January 2026.

<sup>2</sup>"Global Prevalence of Short-sightedness in Children and Teens Set to Top 740 Million Cases by 2050"; BMJ Group; bmjgroup.com; September 2024. <sup>3</sup>"Why is Nearsightedness in Kids Becoming More Common?"; Henry Ford Health; henryford.com; February 2024. <sup>4</sup>"Age of Myopia Onset Shown to Predict High Myopia"; Review of Optometry; reviewofoptometry.com; April 2024. <sup>5</sup>"Myopia (Nearsightedness)"; Cleveland Clinic; my.clevelandclinic.org; accessed December 2025.



# Myopia causes and signs

The exact cause of myopia is still unclear—but it's thought to be a mix of genetics and environmental factors. The culprit of its most recent upswing: close-up activities like time spent on laptops and phone screens.<sup>6</sup>

## When does myopia first affect people?

Myopia typically first appears in school-aged children and worsens during adolescence as the child grows.<sup>7</sup> However, myopia may also develop in adults due to visual stress or health conditions such as diabetes.<sup>7</sup>

## SIGNS AND SYMPTOMS OF MYOPIA

Adults may have difficulty seeing a movie in a theater or driving, especially at night

In children, watch for excessive blinking, rubbing their eyes or holding objects close to their faces<sup>8</sup>

Squinting, headaches, eyestrain and fatigue



## CHILDREN AND SCREEN TIME



**Children 8–12**

are spending **5+ hours online per day**<sup>9</sup>

**NEARLY HALF OF Children 13–17**

say they are online **"almost constantly"**<sup>10</sup>

<sup>6</sup> "Digital Screen Time and Myopia"; JAMA Network; jamanetwork.com; February 2025. <sup>7</sup> "Myopia (Nearsightedness)"; American Optometric Association; oaa.org; accessed December 2025. <sup>8</sup> "Nearsightedness"; Mayo Clinic; mayoclinic.org; April 2024. <sup>9</sup> "The Effects of Screen Time on Children"; Children's Hospital of Orange County; choc.org; August 2024. <sup>10</sup> "Teens, Social Media and Technology 2024"; Pew Research Center; pewresearch.org; October 2024.



# Pediatric myopia is on the rise

It's important for children to receive regular vision care exams, no matter their age—but it typically develops between ages 6 and 14 and tends to worsen until the late teenage years.<sup>11</sup> Since there is no known cure, early myopia detection and intervention are key to slowing its progression.<sup>12</sup>

<sup>11</sup> Yoo, S, MD, FAAO, FAAP; "Myopia (Nearsightedness) in Children and Teens"; Healthy Children.org; healthychildren.org; updated September 2023. <sup>12</sup> "The Importance of Early Myopia Intervention"; Review of Myopia Management; reviewofmm.com; August 2023. <sup>13</sup> "Comprehensive eye exams"; American Optometric Association; aao.org; accessed December 2025. <sup>14</sup> "Myopia (Nearsightedness) in Children and Teens"; American Academy of Pediatrics; healthychildren.org; August 2023. <sup>15</sup> "Myopia and Treatment of Myopia in Children"; American Association for Pediatric Ophthalmology and Strabismus; aapos.org; September 2025.

## WHEN SHOULD CHILDREN SEE THE EYE DOCTOR?<sup>13</sup>



- 6 months to 2 years: First comprehensive vision care exam ✓
- Age 3 ✓
- Age 5–6: Just before starting school ✓
- Annually: Throughout school years ✓

“Annual eye exams are a must for everyone but especially children. A child should get their first eye exam before the age of 2. The exam can identify children that have early nearsightedness and provide education to parents about treatments that can slow the progression of myopia.”

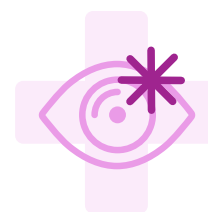
*John Lahr, O.D., FAAO*

## CHILDREN WITH MYOPIA

Myopia often begins between ages 6 and 14<sup>14</sup>

Children who get myopia early in life tend to need stronger prescriptions later<sup>15</sup>

Children with high myopia are at greater risk of developing glaucoma and retinal holes, tears or detachment<sup>15</sup>



# Myopia diagnosis and treatment

Myopia can easily be diagnosed during a comprehensive vision care exam. During the exam, doctors will check the curvature of the eyes, cornea and lenses to measure how the eyes focus light.

Glasses or contacts can offer temporary vision correction, but there is no cure for myopia—but several approved treatments can slow its progression.

## APPROVED TREATMENTS

### CONTACT LENSES

Contact lenses are one of the most effective ways to control myopia before it gets worse. Both **MiSight 1 day soft contact lenses<sup>16</sup>** and **orthokeratology<sup>17</sup>**, also known as the “night time lens,” have been shown to slow myopia progression in children.

### ATROPINE DROPS

**Low-concentration atropine eye drops**—typically used during a comprehensive eye exam to dilate the pupils—have been shown to slow the progression of myopia in children by minimizing the elongation of their eyeballs as they grow.<sup>18</sup>

### REFRACTIVE SURGERY

**Laser surgery** such as LASIK can reshape the cornea, allowing light to be properly focused on the retina. Typically reserved for people 18 and older, it's most effective correcting mild to moderate cases of myopia.<sup>19</sup>

<sup>16</sup> “How Do MiSight 1 Day Contact Lenses Work?”; CooperVision; misight.com; accessed December 2025.

<sup>17</sup> “Ortho-k For Myopia Control”; MyKidsVision; mykidsvision.org; accessed December 2025. <sup>18</sup> “0.01% Atropine Eye Drops in Children With Myopia and Intermittent Exotropia”; JAMA Ophthalmology; jamanetwork.com; July 2024.

<sup>19</sup> “LASIK Surgery: Is It Right For You?”; Mayo Clinic; mayoclinic.org; accessed December 2025.

# Stellest lenses – a breakthrough solution

When it comes to correcting vision and keeping myopia in check, Stellest® lenses<sup>20</sup> are a clear solution.

The first non-invasive and kid-friendly solution, they are clinically proven to correct nearsighted vision and slow the progression of myopia in kids.

## WHAT MAKES STELLEST LENS UNIQUE?

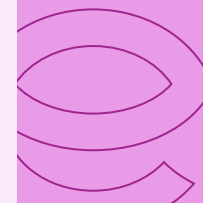
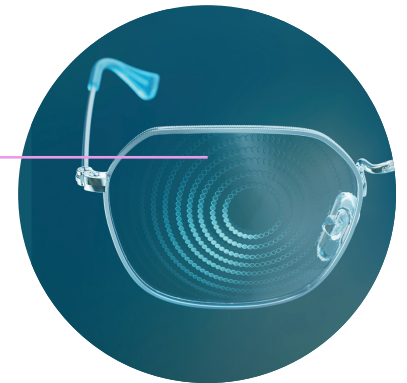
### Correct myopia

A large single vision zone to ensure sharp vision

### Control myopia progression

H.A.L.T.<sup>21</sup> technology uses a constellation of 1,021 invisible lenslets acting as a shield against myopia progression

**Stellest® lenses slow myopia progression by an average of 71%<sup>22</sup>**



EyeMed members can use their vision insurance benefits to help cover the costs when purchasing Stellest lenses

<sup>20</sup> EyeMed and Stellest are owned by the same ultimate parent company, EssilorLuxottica. <sup>21</sup> H.A.L.T.: Highly Aspherical Lenslet Target and does not imply a “halt” or “stop” of myopia progression. <sup>22</sup> “Benefits of Essilor Stellest lenses”; Essilor; essilor.com; accessed December 2025.

Fully insured clients are underwritten by: Fidelity Security Life Insurance Company\*, Kansas City, MO and Fidelity Security Life Insurance Company\* of New York.

EYEMED'S

# Comprehensive myopia strategy

## Detect

Help members recognize the signs of myopia and access vision exams that can spot problems early



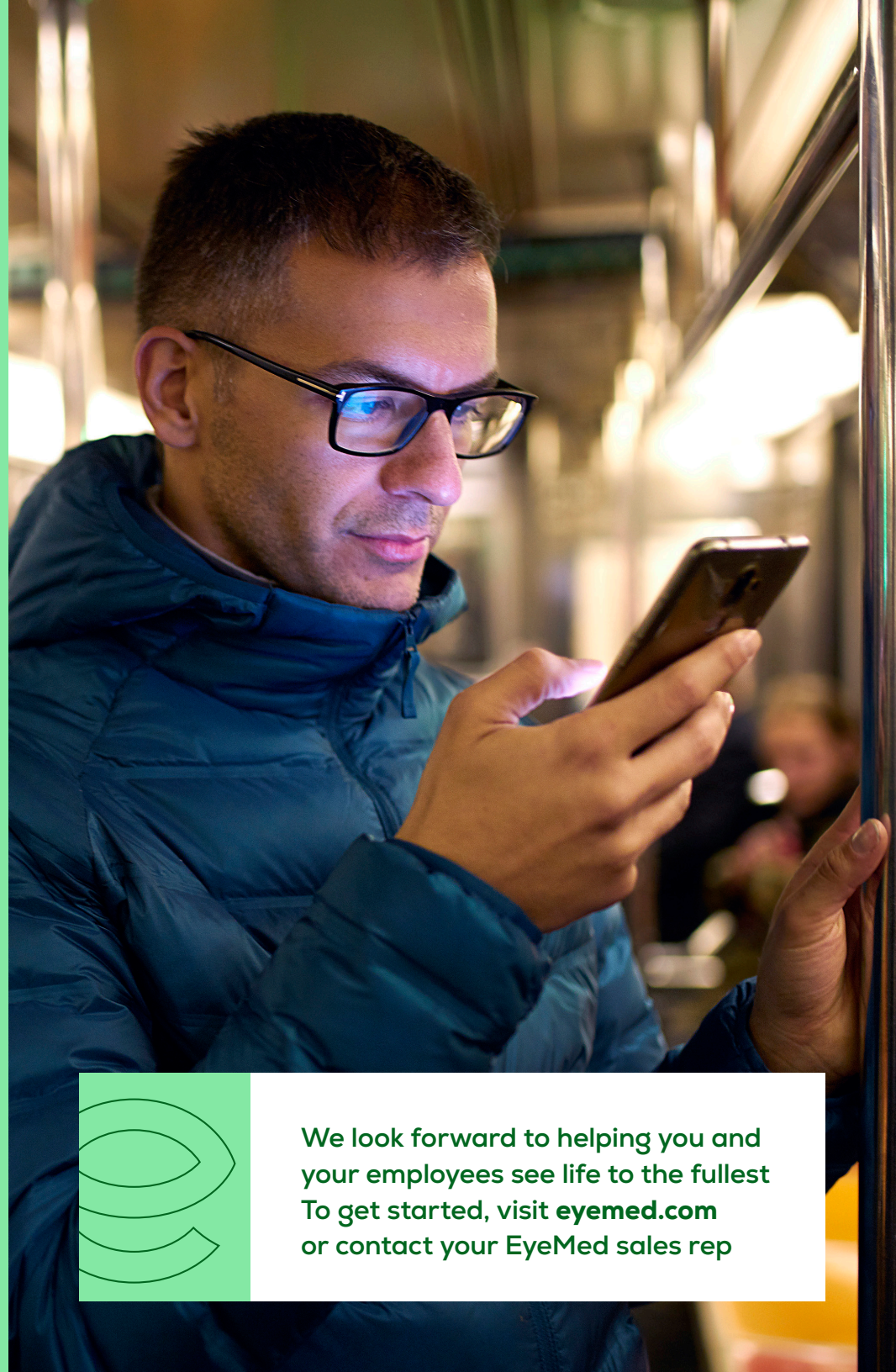
## Correct

Provide ample coverage for eyeglasses, contacts and LASIK



## Manage

Help manage myopia progression and eye growth with specific treatments and lifestyle changes



We look forward to helping you and your employees see life to the fullest  
To get started, visit [eyemed.com](https://www.eyemed.com)  
or contact your EyeMed sales rep

Fully insured clients are underwritten by: Fidelity Security Life Insurance Company\*, Kansas City, MO and Fidelity Security Life Insurance Company\* of New York.

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