

Reframing the future of eye health — and how benefits spark action



As screen time increases and the population ages, proactive vision care has never been more important. Bringing the connection between eye health and overall health into focus can shift employee mindsets, elevate the value of vision benefits, and better support whole-person health.

Eye health in focus

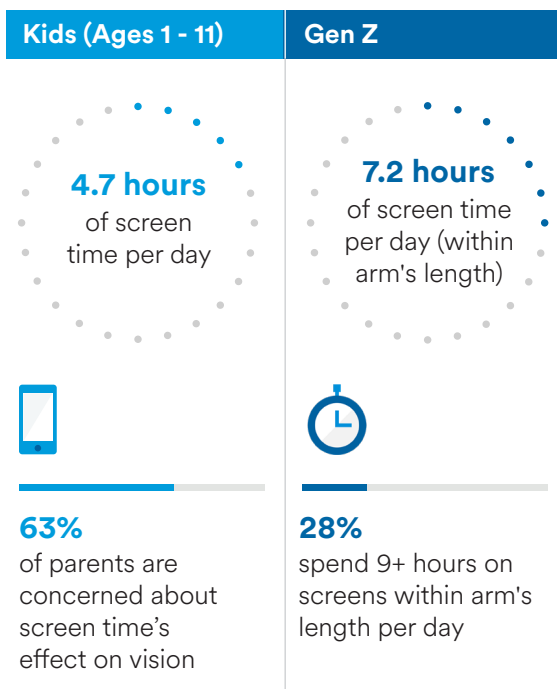
3 in 4



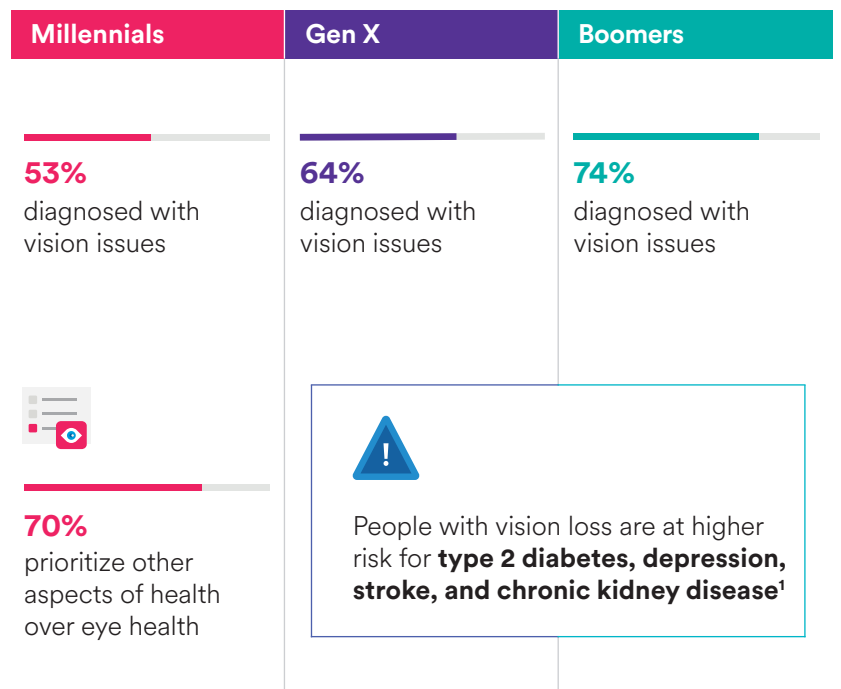
U.S. adults experience disruptions due to poor eyesight or eye health when performing one or more daily activities.

- Driving at night or in bright conditions
- Reading
- Using screens
- Performing work-related tasks
- Engaging in hobbies
- Managing seasonal allergies
- Traveling
- Playing sports

Screen time on the rise



Eye health through the ages



Eye health: More than meets the eye



54%

of Americans delay or avoid eyecare because it doesn't "feel urgent."



Connecting to overall health makes a big difference



9 in 10

people are more likely to schedule an eye exam when they understand exams can detect serious medical conditions early.²

Vision benefits: A clear opportunity

How a focus on building awareness and understanding impacts access and utilization

Barriers



53%

of people who get their eyes tested less often than every two years cite costs or lack of vision benefits as the primary reasons why.



Even among people with access to vision benefits:

67%

say the value of their vision plan hasn't been clearly explained, or it's confusing to select the right plan.

Engagement & Utilization



4 in 5

people would be more likely to use their vision benefits if their employer or vision carrier provided more information about managing eye health and its connection to overall well-being



Vision benefits matter more than ever.

You can reframe how employees view eye health and vision benefits — helping to drive increased employee understanding, satisfaction, and utilization at the same time.

[Contact your MetLife representative to learn more.](#)

All data from Versant Health's 4th Annual Vision Wellness Study (2025) unless otherwise noted.

¹ Looking Ahead: Improving Our Vision for the Future, Centers for Disease Control (CDC), May 2024.

² Systemic Conditions with Ocular and Visual Manifestations, American Optometric Association, December 2014.