

## **Cigna Celebrates Children's Eye Health and Safety Month**

BLOOMFIELD, Conn., August 14, 2013 - Cigna (NYSE: CI) is celebrating Children's Eye Health and Safety Month in August by launching a new [audio podcast](#) to help parents and caregivers understand the important developmental stages of their children's vision and to nurture healthy vision and eye safety.

Dr. Denis Humphreys, acting optometry director for Cigna, discusses the eye's visual developmental stages, learning-related vision disorders, children's eye safety and care beyond 20/20 in the online seven-minute oral presentation.

"From birth through school, healthy eyes and good vision are critical to development of children and the learning process," said Dr. Humphreys. "Parents should work with their child's pediatrician to verify visual developmental stages are being met and parents should also ensure the eyes are protected during play and outdoor activities. Ninety percent of the one million eye injuries each year are preventable."

As parents prepare to send their children back to school with physicals and immunizations up-to-date, they also should be sure their child's vision is checked out by a qualified optometrist or ophthalmologist, and children should always wear protective goggles while involved in sports. "Parents should also realize that any injury to the eye should be considered serious and should be treated immediately," said Dr. Humphreys. [Prevent Blindness America](#) reports that hospital emergency rooms treat more than 40,000 eye injuries every year that are sports-related.

### **About Cigna**

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