



## Myopia Management (Control) Consult

Welcome, we've invited you to a Myopia Management (Control) Consult (MMC) so we can discuss how to best protect against severe problems caused by myopic progression. Nearsightedness (seeing near better than far) is just one symptom of a much larger problem: unwanted eyeball growth called myopia. Myopic progression is an anatomical change in the eyes that occurs during development and leads to complications; it causes up to **120x greater risk** of blindness if allowed to fester. **High Myopia causes retinal detachments, central vision loss, glaucoma, & cataracts; for every 1.00 D (Diopter of corrective power) of myopia the risk doubles** for severe complications. Therefore it is our goal with Myopia Management to prevent anyone from ever gaining more than 1.00 D of minus correction. That's why we start young; **the best way to prevent high myopia is to identify progression early and manage it.** Typical progression from age 4 is 0 to 0.50 D myopic progression per year, but developing children can gain over 2.00 D in under a year just like they can have a growth spurt. That's why annual eye exams for developing eyes that are trending myopic isn't frequent enough.

Several studies have demonstrated safe, efficacious use of low-dose atropine for **ages 4 and up** even though this is an off-label use of the FDA-approved pharmaceutical. Some soft, daily disposable lenses with a special dual focus design are now **FDA Approved to slow progression.** The FDA also acknowledges that **Vision Shaping Treatment (VST) safely normalizes vision without any daytime lenses.** **FDA Authorization** of myopia progression spectacles is the latest innovation to become available in the U.S. **It's not that regular glasses & contact lenses without these features do harm, they correct for nearsightedness; they just don't address myopic progression.** Your doctor will tailor a program that best suits the patient until growth stabilizes with maturity. Doctors around the world are finding it imperative to offer a way to monitor myopia and intervene when future complications are preventable. **Preventing a large myopic prescription prevents the complications that accompany high myopia and the perpetual expense of more powerful glasses every year from youth through adolescence.**

**Myopia Management (Control) Programs are the solution to this growing problem!**

What is included?	What's NOT included?
Up to 4 extra visits, ie: 2weeks, 3mo, 6mo & 9mo. FREE iHealth Wellness Exams at each Annual Comprehensive Eye Exam (up to a \$98 value)	Additional consultations for any Myopia Management Program should you need another consult to explain the best program to enroll in at that time (\$98 each)
Topography, Refractive Error & AL (Axial Length) Measurements taken at f/u visits to determine if myopic progression is <b>slowed</b> = the goal.	Back-up/Primary glasses to correct vision only & non-powered sun/digital device lenses for protection (house discounts / vision plan insurance rates apply)
Shift UP or DOWN between the program tiers with 30-day written notice <b>without</b> new enrollment fee.	Eye care covered by major medical or vision insurance throughout the year or at annual exams
New materials in the same tier that prevent myopic progression and are appropriate for the patient due to $\geq 0.50\text{D}$ progression in either eye.	Replace lost/damaged items: Drops = \$75/month, Frames/Lenses outside warranty 40% off Retail, VST Retainers = \$540/pair, & SCL's = \$360/quarter,

One time Enrollment Fee	4Sight iCare <u>Monthly</u> Fee Packages Range in Price Tiers TBD at the consult	If dual therapy with Drops + Daytime Lenses
<b>Up to \$398</b> (1st month not included)	1) \$68, 2) \$114, 3) \$134, 4) \$164	+ \$50 monthly

**All patients with progressive myopia shall be prescribed 90 minutes of daily outdoor activity whenever possible** because we know this has at least a modest positive effect. Enrolling in a Myopia Management Program means we shall also invest our time, technology, and effort to prevent the many complications of high myopia; this investment in the patient's future is best done with at least a 2-year commitment to measure the rate of success. Cancellation may occur at any time with **30 days written notice**, but the enrollment fee is required any time the program is started or resumed. Everyone becoming more myopic ages 4 to 24 is eligible to enroll. Even individuals with less farsightedness than desirable for their age benefit from a program. Farsightedness (hyperopia) is not typically corrected when a magnitude less than +1.00 D until the patient is older unless asymmetric in young patients because balanced, mildly farsighted youth effectively have normal vision. Everyone younger than age 24 can trend more myopic and **no amount of myopia is safe, even a +0.25 D finding in a young child is concerning**. Since founding 4Sight iCare in 2015, we've used cycloplegic agents and other strategies to find and document the hyperopia in every child's eyes so we can track power changes over time, and now we've invested in an ocular biometer to measure changes in axial length. Because of the shear volume of sufferers, Myopia is the #1 pre-pandemic global health crisis; we must do all we can to prevent the eye problems associated with high minus prescriptions by reducing the number of people with high myopia. We can't expect to completely halt all myopic progression, but outcomes will be **20% to 100% less myopia** (with the greatest reductions in the youngest enrollees) because we did all we could to prevent the harmful overgrowth of children's eyes.

If you have any questions, please ask your doctor so they can be answered to your satisfaction. If your questions haven't been fully answered or you don't understand any part of this agreement, do not sign below that the consultation was completed. Please sign below that you've been educated about myopia management and understand the risks of not addressing this growing problem along with the benefits of starting a Myopia Management Program. Signing below is done upon completion of the consultation to record all who attended; it is not meant to commit you to enroll. The PAYG (Pay As You Go) model for \$254/visit has been developed for any who want to source the treatment outside a program. Each additional consultation costs \$98.

Attendees' Signature(s): \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Attendees' Name(s): \_\_\_\_\_

Patient's Name: \_\_\_\_\_