

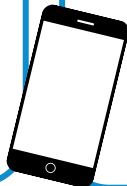
EYE HEALTH

Healthy vision is an important part of overall health. Many eye diseases develop without warning, making regular eye exams and healthy lifestyle habits essential for protecting your sight.



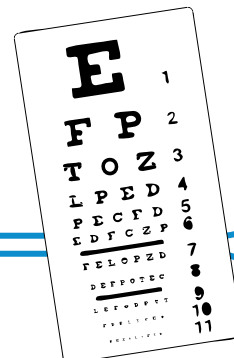
PROTECT YOUR VISION EVERY DAY

- Wear 100% UV-blocking sunglasses outdoors, even on cloudy days.
- Eat foods rich in leafy greens, colorful vegetables, fish, nuts, and eggs to support eye health.
- Don't smoke or vape, which can damage blood vessels and increase the risk of cataracts and macular degeneration.
- Stay active and maintain healthy blood pressure and blood sugar levels.
- If you spend long hours on screens, follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds to prevent digital eye strain.



WHEN SHOULD YOU GET AN EYE EXAM?

- Even if your vision seems fine, regular comprehensive eye exams are important for overall health, safety, and more.
- Adults should receive routine eye exams based on their doctor's recommendations and personal risk factors (such as diabetes, high blood pressure, or family history of eye disease)
- Seek care right away if you notice:
 - Sudden vision loss
 - Flashes of light or many new floaters
 - Eye pain
 - Double vision



Healthy Eyes = Healthy Body, and vice versa!

- A comprehensive eye exam can reveal signs of health conditions throughout the body, including:
 - Diabetes
 - High blood pressure
 - High cholesterol
 - Glaucoma
 - Cataracts
 - Age-related macular degeneration
- Taking care of your overall health supports healthy vision throughout life: Examples include establishing a walking routine, eating well, managing chronic conditions, and getting quality sleep.



YOUR CHALLENGE

This month, protect your eyes!

1. Wear sunglasses when you're outside.
2. Try the 20-20-20 Rule while using screens.
3. Schedule (or encourage a loved one to schedule) a comprehensive eye exam if it's been more than a year.