

# HEALTHY VISION

Taking care of your eyes can benefit your overall health. Healthy vision can help keep you safe. Many eye diseases do not have symptoms so it is important to make eye health a priority and get regular eye exams.



CALL TODAY  
IF YOU  
EXPERIENCE

Decreased vision

Eye pain

Drainage or redness

Double vision

Diabetes

Floaters

Circles around a light source

Seeing flashes of light

Here are 4 steps to protect your sight:

## GET A DILATED EYE EXAM

Ask your eye care provider how often this exam is needed for you.

## LIVE A HEALTHY LIFESTYLE

This means eat healthy food, maintain a healthy weight, manage chronic conditions and don't smoke.

## KNOW YOUR FAMILY HISTORY

Some eye diseases are hereditary

## WEAR PROTECTIVE EYE WEAR

Wear protective eyewear

Protect your eyes when doing household chores, on the job and while playing sports. Wear sunglasses to protect your eyes from 99-100% of UVA and UVB rays.



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