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.

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.