TAKE GOOD CARE OF YOUR EYES SO THEY CAN TAKE GOOD CARE OF YOU.

Cigna Vision

Vision is critical to daily living. It affects our quality of life – how we learn, communicate and work. We put our eyes through stressful situations every day – from poor lighting to strenuous work; from air pollution to potential infections. Even if you are lucky enough to have 20/20 vision, taking care of your eyes and protecting them against injury or infection is important to keeping your vision healthy.

Below are some of the many ways to help ensure good eyesight and overall health.

> **Have regular eye exams** – One of the best things you can do for your eyes is to have them checked on a regular basis. Eye care professionals can help detect vision disorders as well as many serious medical conditions such as diabetes, glaucoma, tumors, high blood pressure, strokes and high cholesterol.[1] Just like other health issues, early detection of eye problems can help catch minor problems before they turn major.

> **Wear sunglasses outdoors** – Wear UV blocking sunglasses to protect your eyes from excessive ultraviolet light from the sun.[2] Too much UV exposure can damage your retina and cause lasting vision loss. It can also raise the risk of cataracts.[2]

> **Pay attention to changes in your vision** – Don't wait until your next eye exam if you notice any changes in vision, including blurriness, dimness, blind spots or halos around lights.

> **Take care of your overall health** – Maintain healthy blood pressure and cholesterol. And if you are diabetic, keep your blood sugar at a healthy level.

> **Eat healthy** – Eat foods that have plenty of antioxidants, such as leafy greens and vegetables.

> **Eat a healthy and balanced diet** – Numerous studies have shown that antioxidants can possibly reduce the risk of cataracts.[3] These antioxidants are obtained from eating a diet containing plentiful amounts of fruits and colorful or dark green vegetables.[3]

> **Protect your eyes when playing sports** – According to Prevent Blindness America (PBA), more than 90% of sports related eye injuries are preventable with proper eye protection.[4]

> **Avoid cigarette smoking** – Smoking may lead to vision problems such as age-related macular degeneration.[5]

Don't take chances with your vision. Schedule your eye exam today.

Did you know?

According to the World Health Organization (WHO) 80% of vision problems can be prevented, treated or cured, provided people have access to eye care.[6]

1. "What Do Your Eyes Say About Your Health?" Vision Service Plan. Accessed November 2015. <https://www.vsp.com/comprehensive-eye-exam.html>
2. "Sunglasses: An Eye Care Must". Vision Service Plan. Accessed: November 2015. <https://www.vsp.com/choose-sunglasses.html>
3. "Eating for Healthy Vision." Vision Service Plan. Accessed: November 2015. <https://www.vsp.com/eating-healthy.html>
4. Eye Smart. "Eye Health in Sports and Recreation." March 2014 <http://www.geteyesmart.org/eyesmart/living/eye-injuries/sports.cfm>
5. "The New Smoking Story: Going Blind". Center for Disease Control and Prevention. March 2015 <http://www.cdc.gov/features/smoking-eyesight/>
6. WHO "Visual Impairment and Blindness." March 2014. <http://www.who.int/mediacentre/factsheets/fs282/en/>

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