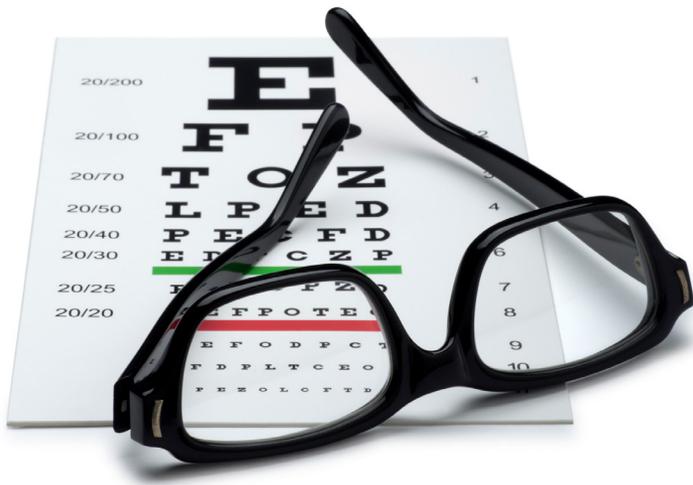


Protect Your Vision Month

HEALTHY TIP SHEET - APRIL



Picture Perfect Eyesight

In the blink of an eye, you can suffer an eye injury – 2.5 million people sustain an eye injury each year and 90 percent are prevented by using protective eyewear. Eye disease, such as cataracts, glaucoma and dry eye, that occur over time are also preventable as well as treatable with regular vision checkups and a healthy lifestyle. The following are some tips to keep your eyes safe and healthy.

Rest Your Eyes

Adults spend an average of 8.5 hours a day staring at a screen. Studies found that even an hour of continuous screen time can cause eye strain. Tips to rest your eyes:

- Eliminate glare
- Close your eyes often
- Take a break every few hours

Be on the Look for Warning Signs

Many eye diseases are genetic or age related but lifestyle, level of exercise and diet still can affect your vision. Be on the lookout for the warning signs of common eye diseases such as:

- Blurry, cloudy or dim vision
- Need for more light to see
- Blank or blurry spots in your vision

Get Recommended Eye Exams

If you are at higher risk for eye diseases you need to be examined more often. For example, adults with diabetes should have yearly eye exams.

Reduce Your Risk

- Wear sunglasses and block ultraviolet sunlight
- Quit smoking to increase supply of vitamins and nutrients to your eye
- Eat more fruits and vegetables high in antioxidants
- Limit alcohol use
- Exercise regularly and maintain a healthy weight
- Wear safety glasses or eye protection when you play sports, use solvents or chemicals, work on cars and use power tools

Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Protect Your Vision.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

89-172-4 (11-27-17)



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