



SEVEN TIPS FOR HEALTHY EYES AND A HEALTHIER YOU.

Cigna Vision has your back.

Did you know 90% of vision loss can be prevented or treated?¹ It's true, and it's easier than you might think. Below are some of the simple things you can do to help protect your eyesight and overall health.

- ▶ **Have regular eye exams** – Just like your annual physical, regular eye check-ups can help catch issues early, before they become more serious and costly. During your visit, your eye doctor can check for any vision disorders as well as serious medical conditions such as diabetes, glaucoma, high blood pressure, high cholesterol, and even cancer.²
- ▶ **Wear sunglasses** – Wear sunglasses that block ultraviolet (UV) rays to help protect your eyes from the sun.³ Too much UV exposure can damage your retina and cause lasting vision loss. It can also raise the risk of cataracts.³
- ▶ **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 have diabetes, keep your blood sugar at a healthy level.
- ▶ **Eat antioxidant-rich foods** – Antioxidants are types of vitamins and minerals found in many fruits, vegetables, grains and meats that help keep our cells and tissues healthy. Eating an antioxidant-rich diet can not only help protect against eye disease but also help support your overall health.⁴
- ▶ **Protect your eyes when playing sports** – According to the American Academy of Ophthalmology, 90% of sports-related eye injuries are preventable with proper eye protection.⁵
- ▶ **Avoid smoking** – Those who smoke are at least twice as likely to develop conditions that can lead to vision loss, such as cataracts and age-related macular degeneration.⁶



Don't take chances with your vision.

Schedule your eye exam today.

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3. Eye Site on Wellness. "Five tips to protect your eyes from the sun." EyeMed. Page accessed September 20, 2022.

<https://www.eyesiteonwellness.com/five-tips-for-protecting-your-eyes-from-the-sun/>

4. Rebuild Your Vision. "Antioxidants for Eye Health". June 1, 2022. <https://www.rebuildyourvision.com/blog/food-for-your-eyes/antioxidants-for-eye-health/>

5. Turbert, D and Shelton, B. "Sports Eye Safety." American Academy of Ophthalmology. March 8, 2021.

<https://www.aao.org/eye-health/tips-prevention/injuries-sports>

6. Eye Site on Wellness. "The smoking gun: How cigarette smoke affects your eyes and ears." EyeMed. Page accessed September 20, 2022.

<https://www.eyesiteonwellness.com/the-smoking-gun-how-cigarette-smoke-affects-your-eyes-and-ears/>



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