How to practice good eye health

Your eyes do amazing things. Not only do they help you see, but they also process information and have a direct link to your brain, allowing you to fully experience the world around you.

That’s why vision care is so important. Here are some tips to keep your eyes healthy:

1. **Get an eye exam twice a year.** Eye exams can help detect high-risk conditions like diabetes, high blood pressure, and high cholesterol.1 They can also catch a wide range of health conditions.2 Regular dilated eye exams are also the best way to catch and prevent vision damage or vision loss due to glaucoma. This is important as some forms of glaucoma progress slowly with no symptoms.
2. **Use eye care medicine as directed.** Medicine can help lower the pressure inside the eyes and prevent damage to the optic nerve, which is why it needs to be taken correctly.
3. **Try to exercise more.** For certain types of glaucoma, a brisk walk for 20 minutes, four times a week, could lower pressure inside the eye. Be sure to talk with your doctor before starting any exercise.
4. **Watch over your eyes.** Eye injuries, such as traumatic glaucoma or secondary glaucoma, can happen at work or at home.

Our sight is an important part of our overall well-being. That’s why we should all keep an eye on our vision health.

Contact your broker or Anthem Sales representative or visit our [website](https://specialtybenefits.info/va/vision) for more information about your vision plan options.

1American Academy of Ophthalmology website: *Surprising Health Problems an Eye Exam Can Catch* (accessed May 22 2020): aao.org.
2 American Academy of Ophthalmology website. *Your Eyes Could Be the Windows to Your Health* (accessed May 22, 2020): aao.org.