



Experience the Wonders of Healthy Eyes and Vision



Know Your History

More than 350 eye diseases are attributed to hereditary factors.¹ Be sure to let your eye care professional know about any family history of eye disease.



Old Faithful

An annual vision care exam can detect over 20 medical conditions.² Make routine vision care a priority by checking in regularly with an eye care professional!³



Watch Your Step

Poor vision can lead to falls, which are detrimental to your well-being and wallet. Routine vision care can minimize the risk of falling.⁴ Don't forget to schedule your annual vision care exam!



No Smoking

Smoking can lead to many potential eye defects and diseases.⁴ By not smoking, you can help prevent forest fires and protect your eyes!

Eat Healthy

Go foraging for food with plenty of vitamins and minerals to keep your eyes in great shape.³ Look for foods like salmon, spinach, beans and citrus at your local grocery store.



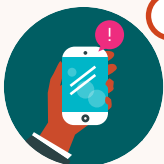
Take Steps To Care for Your Eyes and Heart

Give your eyes and heart some love! Practicing a heart-healthy lifestyle and getting regular vision care exams can decrease your risk of cardiovascular disease as well as many eye diseases.³



Stay Out of the Sun

Sunglasses for the eyes are like sunscreen for the skin. By blocking harmful UV rays, sunglasses can prevent vision loss and other eye conditions that may develop from prolonged, unprotected UV exposure.⁴



Don't Miss the Sights!

Take your eyes off your screen to protect them from blue light and prevent digital eye strain! Remember the 20-20-20 rule: Every 20 minutes, take a 20-second break and look at an object at least 20 feet away.⁴

Want more eye health and safety tips?

Visit us at [versanthealth.com/resource-center](https://www.versanthealth.com/resource-center)

1. Lazarus, R. (October 20, 2021) Your Genes and Eye Disease. Optometrists Network. Retrieved Feb. 6, 2023 from <https://www.optometrists.org/general-practice-optometry/guide-to-eye-health/eyes-and-nutrition/your-genes-and-eye-disease/>
2. Mukamal, R., reviewed by Taylor, R. J. (April 29, 2022). 20 Surprising Health Problems an Eye Exam Can Catch. American Academy of Ophthalmology. Retrieved Feb. 6, 2023 from <https://www.aao.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects>
3. Eye Exams Save Lives. (Oct. 13, 2022). American Academy of Ophthalmology. Retrieved Fe. 6, 2023 from <https://www.aao.org/newsroom/news-releases/-detail/eye-exams-save-lives>
4. NIH National Institute on Aging (NIA). (July 28, 2021). Aging and Your Eyes. Retrieved Feb. 6, 2023 from <https://www.nia.nih.gov/health/aging-and-your-eyes>

