



# Focused on healthy living

## A look at your overall health

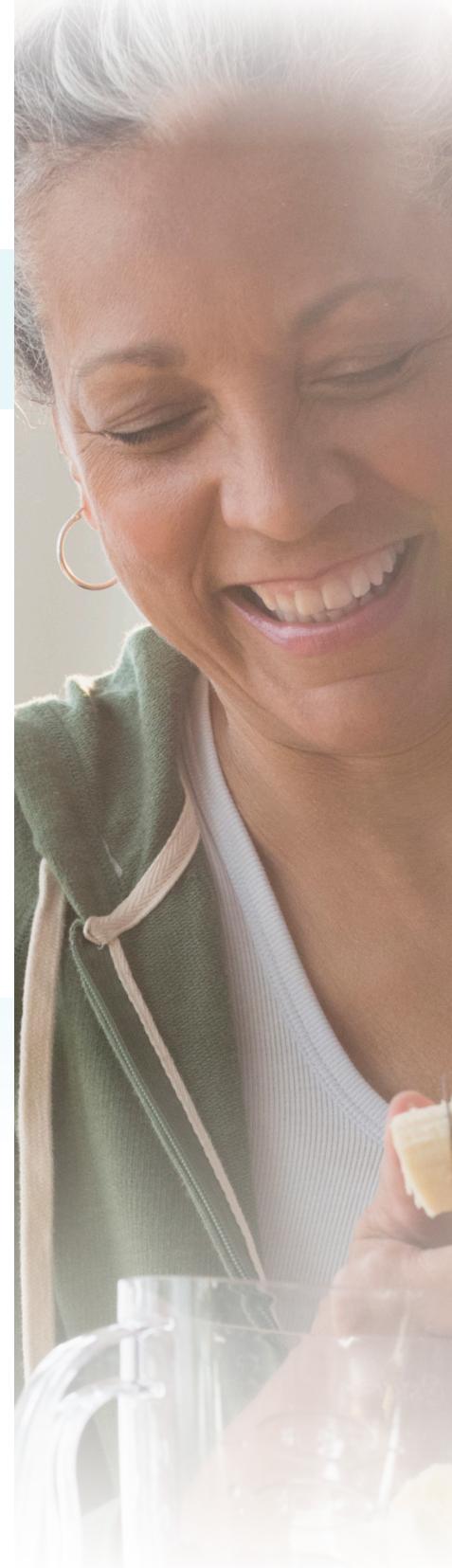
You have your annual physicals. You see your dentist regularly. You've got this healthcare thing down. But is seeing your eye doctor on that list?

Clear vision isn't the only benefit of getting an annual eye exam. Through an eye exam, your eye doctor can identify early warning signs and manifestations of many systemic and chronic diseases including:<sup>1</sup>

- Diabetes
- Heart disease
- High blood pressure
- Autoimmune diseases including multiple sclerosis, lupus, Sjögren's syndrome and rheumatoid arthritis
- Lyme disease
- Brain tumor
- Cancers of blood, tissue or skin

While you're working on your annual health and wellness to-do list, you can keep your eye (and overall) health on the right track by incorporating the following simple habits into your lifestyle:

- **Eat a healthy diet**, including leafy greens like spinach and kale. Eating fish high in omega-3 fatty acids — like salmon, tuna and halibut — is good for your eyes, too.<sup>2</sup>
- **Wear sunglasses** that block out harmful UV-A and UV-B radiation from the sun.<sup>2</sup>
- **Quit smoking**. Smoking increases your risk of diseases like macular degeneration.<sup>2</sup>
- **Get active**. Being physically active helps lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.<sup>3</sup>
- **Follow the 20-20-20 rule** if you spend a lot of time focusing on a screen — every 20 minutes, look about 20 feet in front of you for 20 seconds.<sup>4</sup>



For benefit questions, contact customer service:

**1-888-687-3641**

**Monday - Saturday:** 7:00 a.m. - 10 p.m. CST  
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<sup>1</sup> "20 Surprising Health Problems an Eye Exam Can Catch, American Academy of Ophthalmology"; www.aao.org; April 2024.

<sup>2</sup> "Vision Loss, Blindness, and Smoking"; Centers for Disease Control and Prevention; www.cdc.gov; October 2023.

<sup>3</sup> Mukamal, Reena; "Could Exercise Help Prevent Eye Damage?"; American Academy of Ophthalmology; www.aao.org; July 2023.

<sup>4</sup> "Eyestrain"; The Mayo Clinic; www.mayoclinic.org; July 2024.