Vision Health

What To Know

Regular eye exams are essential for maintaining your eye health and detecting diseases early. Protect your vision by scheduling regular check-ups.

Protect Your Vision

- ✓ Plan routine eye exams. Visit your optometrist every two years to help protect your vision.
- ✓ Wear sunglasses outside
- ✓ Maintain a healthy weight
- ✓ Practice workplace eye safety
- ✓ Properly clean your hands and your contact lenses

Other Reasons to See Your Eye Doctor

If you have any of the following eye problems, contact your eye doctor as soon as possible.

- → Decreased vision
- → Draining or redness of the eye
- → Floaters (tiny specks that appear to float before your eyes)
- → Eye pain
- → Double vision
- → Circles (halos) around lights
- → Flashes of light

Tips For Healthy Eyes

Add more movement to your day.	Eat healthier.	Stay on top of any health conditions you have.	If you smoke, make a plan for quitting.	Give your eyes a rest.
Physical activity can lower your risk for health conditions that can affect your vision. Pick activities you enjoy and remember, anything that gets your heart beating faster counts!	Eating healthy foods helps prevent conditions like type 2 diabetes or high blood pressure, which can increase your risk of eye problems.	Conditions like diabetes and high blood pressure can raise your risk for eye diseases like glaucoma. Ask your doctor how to manage these conditions to lower your risk of vision loss.	Quitting smoking benefits almost every part of your body, including your eyes!	Practice the 20/20/20 rule. When on a computer or playing on your phone, rest your eyes every 20 minutes and look 20 feet away for 20 seconds.

These guidelines are provided by Center for Disease Control and Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.