



5 Tips to Optimize Eye Health

When it comes to watching out for your eyes, there's a lot more to vision checkups than new glasses—including these five tips:

- 1. Open your eyes to optometry**—Conditions such as glaucoma and age-related macular degeneration don't always have warning signs, but are easily assessed during an eye exam.
- 2. Sport the shades**—The sun's UV light rays can damage your eyes. When choosing sunglasses, get lenses that block out at least 99% of both UV-A and UV-B radiation.
- 3. Wear eye protection at work**—When working around power tools, hazardous chemicals, or in other environments prone to flying debris, always wear proper protection.
- 4. Give your eyes a break**—For long stretches of time at your computer or tablet, remember to periodically look away from the screen and blink to prevent dryness and strain.
- 5. See the benefits of fitness**—Regular exercise can help ward off conditions such as eye irritation, light sensitivity, and watery eyes.

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