



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. **See an eye doctor to detect and prevent eye disease.**
2. **Wear sunglasses to block out harmful UV rays.**
3. **When working around sparks or flying debris, wear eye protection.**
4. **Periodically shift your focus and blink to prevent strain and dryness.**
5. **Be strategic about the lighting in your home or workspace.**

Want to learn more?

Get more details at
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