

Wellness Tidbits

June is Healthy Vision Month

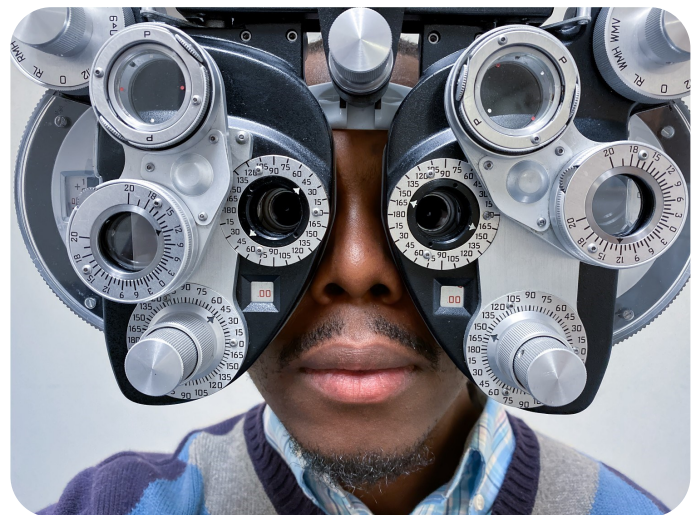


FOUR TIPS FOR HEALTHY EYES

Can you recall the last time you had an eye exam? Unless you are experiencing eye trouble, routine eye health sometimes gets forgotten. There are 11 million Americans over age 12 that need vision correction. If it has been over 2 years, it's probably time for an exam. Even if your eyes feel healthy, you may have a problem.

Protect your vision by following these 4 tips:

- **Find an eye doctor.** Ask friends, family or your health insurance provider for recommendations of eye doctors near you.
- **Talk to your doctor about how often you need a dilated exam.** Dilation is the only way to find eye diseases early, when they're easier to treat — and before vision loss occurs.
- **Visit with family about eye health!** Some eye diseases, like glaucoma and macular degeneration, may be hereditary.
- **Wear sunglasses even on cloudy days.** The sun's UV rays can harm your eyes. Protect your eyes and lower your risk for cataracts by wearing sunglasses that block 99-100% of UVA and UVB radiation.



Resources: <https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/healthy-vision-resources/healthy-vision-month>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Fill in the Blank

Wearing sunglasses when outside can lower your risk for _____.

**ANSWER FITBIT®
CHALLENGE HERE!**



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