Annual Eye Exams Protect More Than Just Your Vision

Many people look for ways to improve their overall health and wellness, but getting started can sometimes feel overwhelming. Taking small, intentional steps can make a big difference in how you feel each day. That's where our annual wellness checklist comes into play – helping guide you toward feeling your best and taking care of both your body and your mind.

Step one: Schedule your yearly appointments

Your vision plays a bigger role in your overall wellness than you might realize, so getting an annual eye exam could help you maintain optimal health. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol

Step two: Fill your plate to fuel your body

A nutritious diet is typically one of the first things that comes to mind when it comes to getting healthy. Following a healthy diet has many benefits, including building strong bones and preventing disease, but did you know it can also help improve memory and boost your mood?

Step three: Monitor your screen time

Today, many of our daily activities involve screens. They're nearly impossible to avoid. Staring at a computer or phone screen for too long can cause harmful effects such as eyestrain, blurry vision, dry eyes, headaches and neck, back and shoulder pain.

Step four: Soak up some vitamin D

You've probably heard that vitamin D is important, but have you ever heard why? Not only is Vitamin D vital to bone health, muscle movement and immune system function, but it's also known to prevent eye conditions such myopia, macular degeneration (AMD), diabetic retinopathy, and dry eye syndrome.

Scheduling your annual eye exam now helps protect your vision and can detect early signs of eye conditions before symptoms appear. A quick checkup today can keep your eyes healthy and ensure your prescription stays up to date for work, driving, and everyday life

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