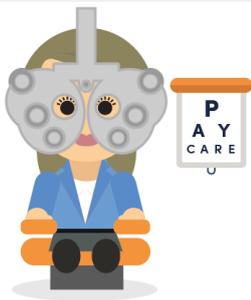


The Importance of Eye Health

Top tips to help take care of your eye sight!

Eye Sight & Physical Health

Whether you wear glasses or not, poor eye-sight doesn't just affect your eyes... Did you know, regularly getting your eyes checked can **detect early signs of health conditions** like glaucoma, which can be treated if found soon enough. Other health conditions such as such as diabetes or high blood pressure may also be detected.



The Importance of Eye Tests

Do you regularly suffer from headaches? If so, it may be **worth visiting your opticians to get your eyes tested**. You may need to update your prescription, your current glasses may be too strong or too weak for your eyes, or you may need to start wearing glasses. Don't forget, contact lenses are a popular alternative to glasses – both of which can be claimed back via a **Paycare plan***

A Healthy Lifestyle

According to Health Watch, **2 million people in the UK are living with sight loss** that is severe enough to have a significant impact on their daily lives. **Half of this sight loss is avoidable**. For healthy eyes, it's important to eat well, don't smoke and wear eye protection in bright sunlight.



Working on Screens

Your working environment, especially one that involves close focus and attention to detail or the use of a computer screen, can have a impact on your eyes. **Top tips for maintaining healthy eye-sight at work include:** blink often to refresh your eyes, take regular breaks (every 30 minutes), adjust screen lighting, monitor and settings and get fresh air.

Improving Vision

Whether it's regularly checking your phone, watching TV, working on computer screens or getting very little sleep - poor eye health can cause tiredness, discomfort, temporary short-sightedness and headaches. You can **improve your vision** by: maintaining a healthy weight, regularly exercising, wearing sunglasses and protective eye wear, avoiding smoking, attending regular eye-tests and being strongly aware of your family medical history.



*UP TO YOUR ANNUAL LIMIT. PLEASE REFER TO YOUR POLICY DOCUMENT FOR FULL TERMS & CONDITIONS.

SOURCES: VISION MATTERS | HEALTH WATCH | MAYO CLINIC | HEALTH AND SAFETY EXECUTIVE

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