

Simple Steps Can Protect Your Vision!

- Schedule annual eye exams, and if you have diabetes, a yearly retinal exam is important.
- Avoid over exposure to digital devices by taking a 20-second break every 20 minutes.
 - Eat a healthy diet and include lots of colorful fruits and vegetables.
 - Before starting school, children should have an eye exam.
 - Wear your contacts properly and keep them clean.
 - Know your family's eye health history.
 - Wear sunglasses on sunny days.
 - Quit smoking.



For questions or help scheduling an appointment, call your Care Management Team at caremanagement@highcarehealth.com.