

Protect Your Vision

Age-related eye changes are common, but there are some steps you can take to reduce your risk for visual impairment.

Get regular comprehensive dilated eye exams, as recommended by your health care provider.

Stay healthy and get regular overall physicals. Exercise, stop smoking, maintain blood pressure, and control diabetes if you have it.

Eat a diet rich in green, leafy vegetables and fish.

Wear sunglasses and a wide-brimmed hat when out in bright sunshine.

Wear protective eyewear when sports or work are a risk for eye injury.



For details about UT vision benefits and coverage, visit <http://www.utsystem.edu/benefits/vision/homepage.htm>