

Be a Vision Superhero

March is Save Your Vision Month

March is the perfect time to focus on your eyes. This month we remind you of the importance of eye health, regular comprehensive exams, and your own eye doctor. Here are a few tips for safeguarding your eyes this and every month.

Schedule your eye exam

Nothing beats an in-person visit to the ophthalmologist for protection, prevention, prescription, and treatment. But when should you see your eye doctor? Unless you have a problem, here are general recommendations.¹

- Age 6 months
- Age 3
- Age 6, before first grade
- Ages 6 to 18: every two years
- Adults who rely on vision correction: every year
- Ages 18 to 60: every 2 years
- Ages 61 and over: every year

Eat well

Adopting a healthy diet full of antioxidants is the recipe for so much of what ails us. Colorful fruits and vegetables, leafy greens, and even supplements can help the eyes. And don't forget to drink plenty of water, which helps prevent and treat dry eye, in addition to helping us digest our food.

Prevent digital eye strain

Digital eye strain has been on the rise since the invention of the first smartphone. Americans spend more time than ever staring at their devices. Concentrating on screens leads to dry eye, blurred vision, headaches, shoulder and neck pain, and even insomnia.

The 20-20-20 rule is simple: take a 20-second break every 20 minutes to look at something 20 feet away. More than 40 percent of us are playing video games for at least four hours a week.² And when you're that engrossed, it may sometimes be harder to practice good eye hygiene.

Follow these tips, too:

- Zoom in to make type bigger, rather than adjusting the position of the device.
- Reduce glare on your device or with a screen filter.
- Power off an hour before bedtime
- Try a pair of blue light-filtering lenses for screen work.²

Vision Problems Fast facts³



142 Million

Americans over age 40
with vision problems



10%

patients who can correct
vision problems with
prescription lenses



Smartphone

cause of some vision
problems due to overuse

1 <https://www.allaboutvision.com/eye-exam/preparing.htm>, February 2017.

2 <https://www.aoa.org/newsroom/video-games-and-vision-how-healthy-eyes-can-help-beat-your-high-score>, February 2018.

3 <https://www.aoa.org/news/inside-optometry/owning-save-your-vision-month>, February 2018.

Material discussed is meant for general informational purposes only and is not to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning eye care.

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