



THIS MONTH'S TOPIC:

Healthy Vision

Let's talk about the importance of eye health

Taking care of your eyes should be a priority! Healthy vision can keep you safe every day and may benefit your overall health. Regular eye exams can help lower risk of vision problems and eye diseases that may be caused by impairing conditions, such as diabetes and high blood pressure.

The National Eye Institute and Centers for Disease Control and Prevention have great recommendations to protect your vision. Here are the Top 3:



Get regular **comprehensive dilated eye exams** (every 1 to 2 years depending on your risk level). Ask your doctor how often you need an exam.



Make healthy choices like **getting active** and **eating healthy foods**: in particular, dark leafy greens like spinach or kale, and fish high in omega-3 fatty acids like salmon and tuna.



Wear sunglasses that block **99-100% of UVA and UVB rays** whenever you are outside.

Get to know your history

Don't forget to know your family health history. If you are able, talk to your family members about their eye health – it is important to know if anyone has been diagnosed with an eye disease since many (like glaucoma) can be hereditary. This can help you determine if you have higher risk for developing an eye disease yourself.



May is Healthy Vision Month, established by the National Eye Institute. Healthy Vision Month encourages people to protect their sight. More than 23 million Americans age 18 and older have *never* had an eye exam. Join millions of Americans to prioritize your eye health in May, and don't forget to schedule an exam if you haven't already!



National Eye Institute

The [Healthy Vision Month website](#) brings together a variety of free resources from the National Eye Institute to use in May and throughout the year. These include resources for older adults, free or low-cost eye care programs, an evidence-based platform to learn about different eye conditions and diseases, and even an eye health trivia quiz to put your knowledge to the test!

[Programs with Free or Low-Cost Eye Care](#)



The Centers for Disease Control and Prevention has also created the [Vision Health Initiative \(VHI\)](#) which emphasizes the importance of child eye health, highlights state & community vision programs, and provides access to the Vision & Eye Health Surveillance System.

[Vision Health Data and Surveillance System](#)

The team here at Express Scripts by Evernorth are dedicated to helping you achieve your overall wellness goals with the tools and resources we have available.

Please contact us via one of the methods below to get started on the pathway to good health!



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