

FIVE TIPS FOR A



LIFETIME OF HEALTHY VISION

AMERICAN OPTOMETRIC ASSOCIATION (AOA)
OFFERS SIGHT-SAVING TIPS

Every waking minute, your eyes are working hard to see the world around us. According to AOA's annual American Eye-Q[®] survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear.

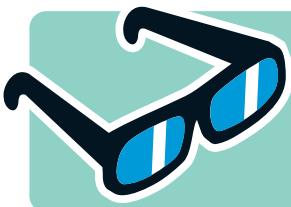
It's Easy to Incorporate Steps into Your
Daily Routine to Protect Your Vision!



1

SCHEDULE YEARLY COMPREHENSIVE EXAMS

Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.



PROTECT AGAINST UV RAYS

No matter the season, it's important to wear sunglasses.

2

3

GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.



EAT YOUR GREENS!

Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

4

5

PRACTICE SAFE WEAR & CARE OF CONTACT LENSES

Follow your optometrist's recommendations for use and wear – keep them clean!



American Optometric Association

AOA.ORG

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit www.aoa.org. To find out how AOA members donate their services to help Americans save their sight through its charitable programs, visit www.aoafoundation.org.