



Set Your Sights on Well-Being: Protect Your Eyes this Winter

5 THINGS YOU CAN DO TO HELP YOUR EYES

- 1. Wear Protective Eyewear:** Invest in sunglasses that offer full-spectrum UV protection to shield your eyes from the harmful effects of winter sun.
- 2. Use Artificial Tears:** Keep preservative-free artificial tears handy to reduce dryness and maintain comfort, especially if you spend time outdoors or in heated environments.
- 3. Monitor Indoor Air Quality:** Use a humidifier to counteract the drying effects of heating systems that can cause irritation.
- 4. Schedule Regular Eye Check-Ups:** Regular eye examinations are crucial, especially for individuals with conditions such as diabetes or age-related macular degeneration (AMD). Winter can make it challenging to recognize subtle changes in vision, but a professional exam can identify issues before they progress. See the "Benefits Buzz" below to find a provider.
- 5. Eat a Balanced Diet:** Consuming foods rich in omega-3 fatty acids, antioxidants, and vitamins A and C can help support your eye health, especially during winter when the body may need extra nutritional support.

For more information on healthy vision, check out CommonHealth's **Wise Eyes** campaign. [View the booklet](#) online, and contact your CommonHealth Agency Coordinator (or HR Benefits Administrator) to schedule a presentation.

[Wise Eyes Booklet](#)

Try It This Week: Get Outside (Despite the Cold)

Although it is cold, stepping outside is one of the simplest ways to care for your mental health. Whether it's a short walk, a snowy adventure, or just a few deep breaths of fresh air, the benefits of being outdoors — even in the cold — are undeniable.

Exposure to the outdoors can reduce stress, promote healing, and increase a sense of well-being.

So, put on your coat and sunglasses, embrace the chill, and make the most of the season.

Even if you get bundled up and only spend 5 minutes outside, your mind and body will thank you!



Benefits Buzz: Choosing the Right Specialist

Visit your insurance provider's website or app and select FIND CARE. Then look for optometrists or ophthalmologists, depending on your needs.

Here's what each type of provider does:

- **Optometrists** provide vision screenings, eye health checks, glasses and contact lens fittings, and treatment for common eye infections and diseases.

- **Ophthalmologists** provide comprehensive eye exams, surgical interventions, and management of complex eye conditions.



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