

Your Vision Health

Vision health is often an afterthought. Regular eye exams and proper eyewear can protect your vision health and may help identify other overall health issues.



Protect your eyes at work



1. Wear your sunglasses – Exposure to small amounts of ultraviolet (UV) radiation over a period of many years may increase the chance of developing cataracts, and may cause damage to the retina, which usually is not reversible.

2. Wear protective gear – Use safety glasses made of polycarbonate impact-resistant plastic to avoid eye injuries. Doctors also encourage anyone engaged in sports activities to wear protective eyewear.



3. Take frequent breaks – let your eyes rest.

4. Adjust your workstation – avoid Computer Vision Syndrome by ensuring your computer workstation is properly situated.

Configure your workstation	Follow the 20/20/20 Rule
<ul style="list-style-type: none"> Center monitor Arm's length away Top of screen at eye level Reduce brightness Increase magnification 	<ul style="list-style-type: none"> 20 minutes 20 seconds break 20 feet away

Time for a visit?

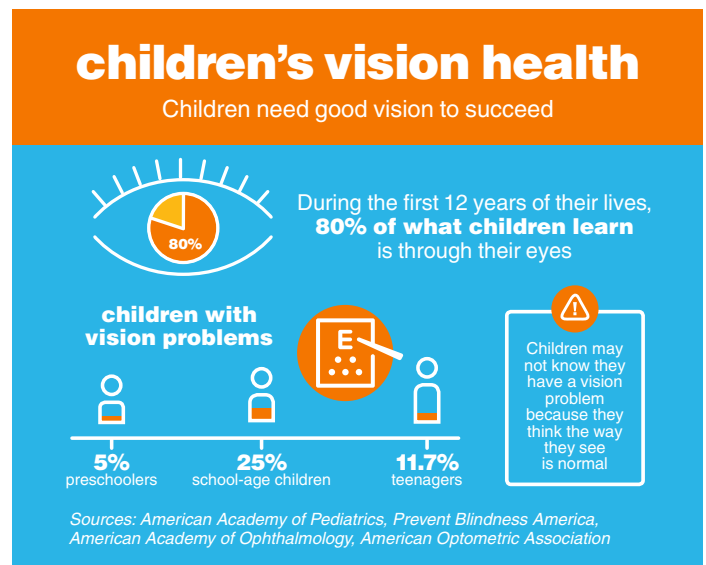
Regular visits to your optometrist are the best way to monitor your eye health and maintain good vision. Are you or a family member due for an eye exam?

Age	Exam Interval
Birth to 24 months	At 6 months of age
2 to 5 years	At 3 years of age
6 to 18 years	Before first grade and every two years thereafter
19 to 60 years	Every two years
61 and older	Annually

Source: American Optometric Association

Help your child succeed

Good vision is crucial for a child's scholastic success. Your children's ability to see learning tools such as the whiteboard, computer, visual aids and videos can greatly impact their performance in school.



Visit ameritasinsight.com for additional dental articles. While there, explore a variety of other dental, vision and hearing wellness topics.



This information is provided by Ameritas Life Insurance Corp. (Ameritas Life). Group dental, vision and hearing care products (9000 Rev. 03-16, dates may vary by state) and individual dental and vision products (Indiv. 9000 Rev. 07-16, dates may vary by state) are issued by Ameritas Life. Some plan designs are not available in all areas. In Texas, our dental network and plans are referred to as the Ameritas Dental Network.

Ameritas, the bison design, "fulfilling life" and product names designated with SM or ® are service marks or registered service marks of Ameritas Life, affiliate Ameritas Holding Company or Ameritas Mutual Holding Company. All other brands are property of their respective owners. © 2018 Ameritas Mutual Holding Company