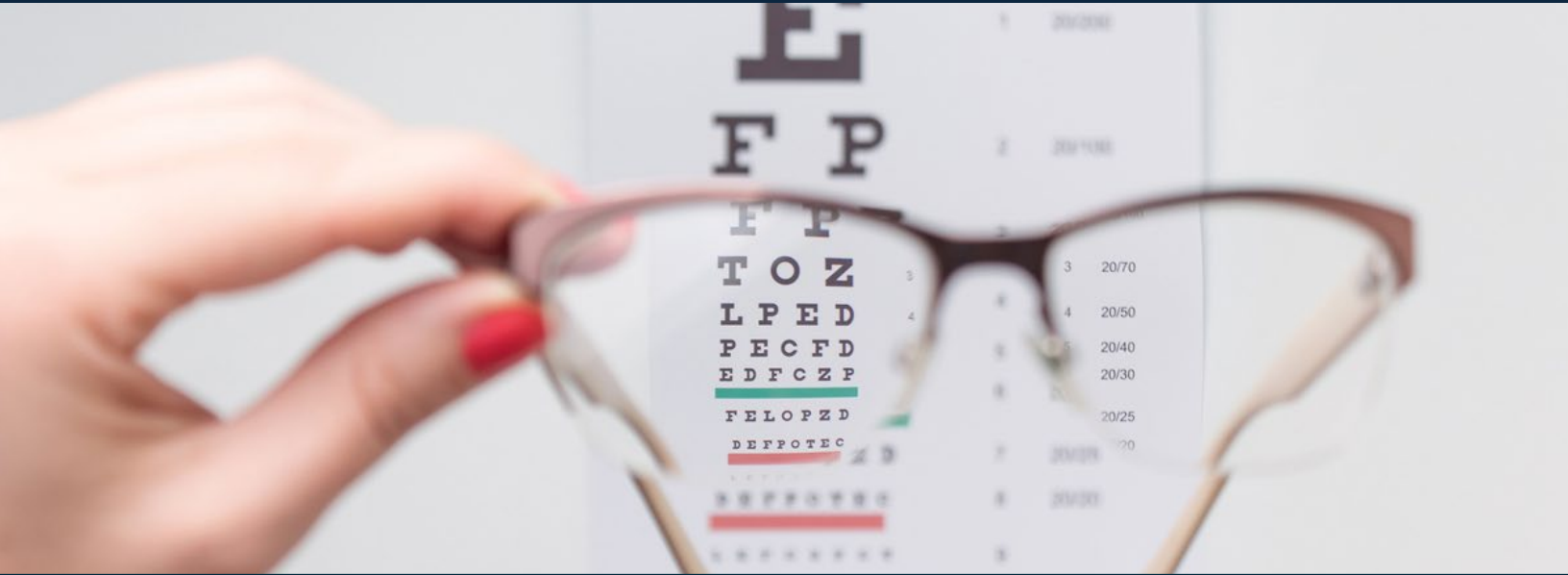


August 2024



VISION HEALTH AND ITS IMPORTANCE

Vision health refers to the overall wellbeing and functionality of the eyes and the visual system. It involves maintaining good eye health, preventing eye diseases, and ensuring clear and comfortable vision.

The Importance of Vision Health:

- Good vision allows you to see the world around you clearly, enabling you to perform daily activities such as reading, driving, and recognizing faces.
- Vision plays a vital role in a child's learning and development. Undetected vision problems can hinder a child's academic progress.
- Good vision is crucial for maintaining personal safety and the safety of others. It helps you navigate your surroundings, avoid obstacles, and react quickly to potential hazards.
- Regular eye exams can detect early signs of eye diseases such as glaucoma, cataracts, and macular degeneration.
- Vision enhances your overall quality of life. It allows you to enjoy hobbies, sports, and recreational activities. It also enables you to appreciate the beauty of the world around you, including nature, art, and loved ones.

VISION HEALTH AND ITS IMPORTANCE

VISION AND EYE HEALTH CHECKLIST

BENEFIT SPOTLIGHT: HEALTHLINE BLUE

TIPS TO STAY HYDRATED ALL SUMMER

CHIA FRESCA

RESOURCES TO KNOW

VISION AND EYE HEALTH CHECKLIST

A vision health checklist is a tool that helps you keep track of your eye health and ensure you are taking the necessary steps to maintain good vision. It typically includes a list of actions or habits. By following a vision health checklist, you can stay proactive in caring for your eyes and prevent poor eye health down the road. Below is an eye health checklist but remember to consult an eye care professional for recommendations based on your specific vision health needs.

CHECKLIST:

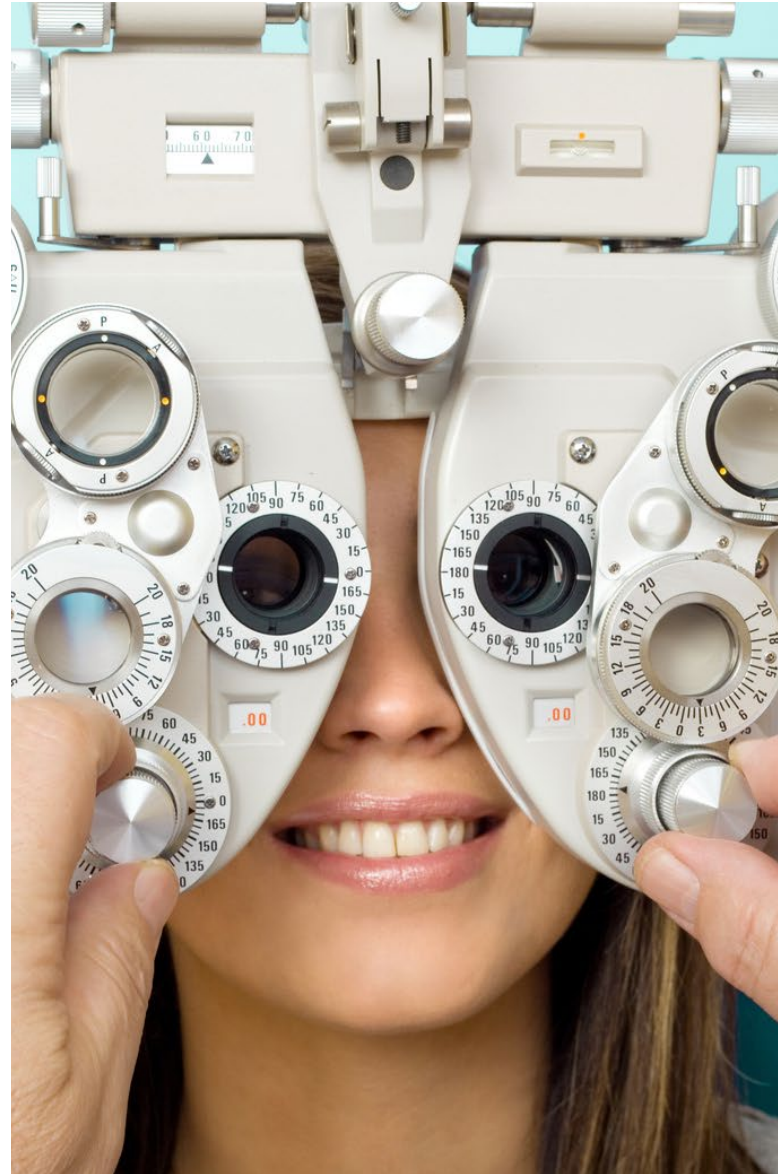
- Schedule regular eye exams:** this helps to monitor your vision health and detect any potential issues early on.

- Protect your eyes from UV rays:** wear sunglasses that block 100% of UVA and UVB rays whenever you are outside, even on cloudy days. Prolonged exposure to UV rays can increase your risk of cataracts and other eye conditions.

- Take a break from digital screens:** if you spend a lot of time in front of a computer or other digital devices, take regular breaks to rest your eyes. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.

- Protect your eyes during sports and other activities:** wear protective eyewear, such as goggles or safety glasses, when participating in sports or engaging in activities that could potentially cause eye injuries.

- Get enough sleep:** lack of sleep can cause eye strain and dry eyes. Aim for 7-8 hours of quality sleep each night to promote overall eye health.



What Is An Eye Exam?

During a complete eye exam, your provider takes a close look at your eyes and does several tests. Some tests check your vision and determine if you need glasses or contacts. Other tests assess your eye health and check for eye disease. An exam can help providers evaluate your overall health.

What Eye Exams Evaluate

- Refractive errors
- Changes in vision
- Problems with muscles supporting the eyes
- Tumors and cancer in the eye

BENEFIT SPOTLIGHT: HEALTHLINE BLUE

ANSWERS TO YOUR HEALTH QUESTIONS 24 HOURS A DAY, 7 DAYS A WEEK

Whenever you need tips about caring for yourself at home, help finding medical care or information about your health — remember that you have access to HealthLine Blue.

Health Line Blue nurses can answer medical questions on almost any health issue and they'll help you decide the best place to get care based on your symptoms. They can also help you treat your issue at home or ease your symptoms until you can get in to see your doctor. This can often save you time and money.

If the nurse thinks you need to see a doctor right away, you'll get direction on where to go for medical care. Health Line Blue offers peace of mind and support — all at no cost to you.

Learn more at BlueCrossNC.com/ExploreCareOptions

NURSES CAN HELP YOU DECIDE WHAT TO DO ABOUT:

- Cough, colds or flu
- Headaches
- Minor back pain
- Sore throats
- Earaches
- Cuts and scrapes
- Insect bites
- Skin rashes
- Possible strains or sprains
- Allergic symptoms



Call Health Line Blue at **1-877-477-2424** to speak with a nurse right away.



Chat with a nurse online or send a secure message. Log into BlueConnectNC.com, click on “Wellness” and select “Health Line Blue” from the left-hand menu.



Drinking plenty of fluid is vital for good health. Fluid carries essential nutrients throughout your body and helps filter out toxins. Most people get about 20% of their total fluid from food, with the rest coming from beverages.

Stay Hydrated With These Tips:

- **Start your morning routine with water.** Drink a glass of water while your morning coffee is brewing for a hydration boost early in the day.
- **Measure your fluids.** Fill a container with water in the morning and set a goal to consume it by a certain time.
- **Check the color of your urine.** The darker your urine, the greater possibility of underhydration.
- **Avoid getting overheated.** When outdoors, look for shady areas to prevent excessive sweating and fluid loss.
- **Set hydration alarms.** If you tend to forget to hydrate during the busy workday, set a series of alarms and take regular hydration break.



CHIA FRESCA

Prep Time 15 minutes | Total Time 13 Minutes | Servings 1

INGREDIENTS:

- 1 Tablespoon Chia Seeds
- 2 Cups Filtered Water
- 2 Medium Strawberries, Sliced
- 1 Slice Fresh Ginger, Peeled
- 1 ½ Tablespoons Lemon Juice
- 2-3 Stevia Drops

INSTRUCTIONS:

For the best flavors, prepare the drink the day before.

In a glass mason jar, add chia seeds, lemon juice, fresh ginger, stevia drops, strawberry slices, and water.

Stir, close the jar, and pop it into the fridge. The seeds will always gravitate to the bottom of the jar, and that's normal.

Serve with a straw – it makes it easier to drink the seeds and water. Always stir with the straw just before drinking to disperse the seeds in the drinks.

Store up to 4 days in the fridge.



NUTRITION FACTS

Calories 64
Total Fat 3.7g
Sodium 29mg
Carbohydrate 7g
Dietary Fiber 4.2g
Protein 2.1g

Benefit	Vendor	Website/Email/Contact
Medical	BlueCross BlueShield of NC	https://www.bluecrossnc.com/
Blue Connect	BlueCross BlueShield of NC	Blue Connect
My Pregnancy Program	BlueCross BlueShield of NC	Download the <i>My Pregnancy through Blue Cross NC</i> app to get started
NCHIP Concierge	BlueCross BlueShield of NC	1-800-795-9402
Mental Health/Substance Abuse	BlueCross BlueShield of NC	Find a therapist Headway

HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!

