Did you know you blink about 12 times every minute and the average blink lasts 1/10 of a second?

Simple Steps to Maintain Healthy Eyes

- Get regular, comprehensive dilated eye exams.
- Know your family’s eye health history. Some eye conditions are hereditary.
- Eat right to protect your sight. Fruits, vegetables and fish high in omega-3 fatty acids all add to eye health.
- Wear protective eyewear when playing sports or doing activities around the home.
- Quit smoking or never start, as smoking can worsen many eye conditions.
- Wear sunglasses that block 99–100% of ultraviolet (UV) radiation.
- Wash your hands before taking out your contacts and clean your contact lenses properly to avoid infection.
Find more health and well-being information at wespath.org/benefits.

Provided by Wespath Benefits and Investments

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