



Wespath

BENEFITS | INVESTMENTS



The Eyes Have It!

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.

Your eyes are
one of the hardest
working parts of
the body.

PROTECT THEM!

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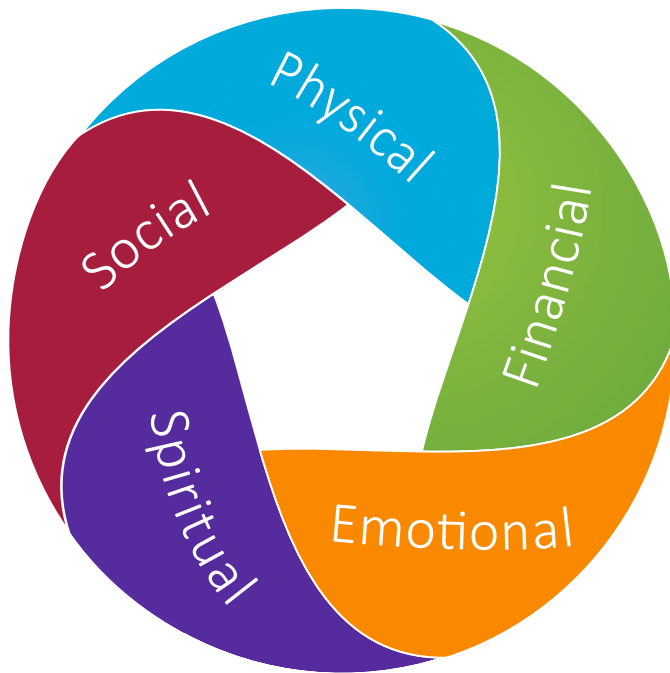
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



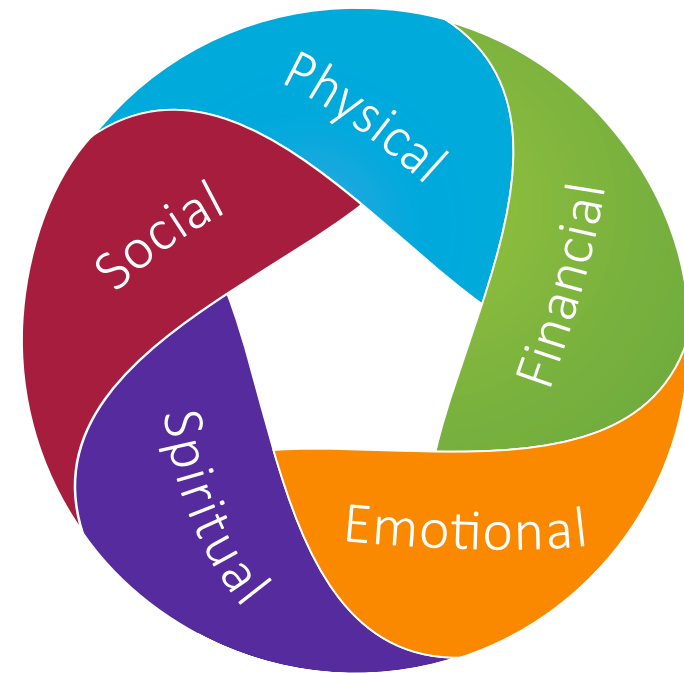
Find more health and well-being information at
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