

Winterize Your Eyes



EYE OPENER

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Each winter, drivers run a greater risk of being in traffic accidents, mainly due to sun glare from highly reflective snow and ice, which can be temporarily blinding. Without adequate protection, sun glare not only endangers drivers' safety but also creates a vision-health hazard for winter outdoor enthusiasts.

Here are some tips to help reduce the dangers caused by winter sun glare:

- Drive cautiously and leave a proper distance between you and other cars to ensure ample reaction time.
- Make it a habit to lower visors to help block some of the reflected light.
- Avoid using high-gloss vinyl cleansers on dashboards.
- Keep the car windshield clean and the windshield washer fluid full.
- When possible, take an alternate route lined with trees or tall buildings in lieu of one with extreme glare.
- Turn on headlights to assist the possible poor visibility of oncoming drivers.
- Wear sunglasses at appropriate times. Beyond fighting winter glare, sunglasses can protect from dangerous UV rays well beyond the summer months. Try photochromic lenses which provide convenient protection from both UV radiation and glare.

Don't Lose Your Money!

No one likes losing money, so make sure it doesn't happen to you! Take advantage of the money being taken out of your paycheck every month for vision insurance or your flexible spending account (FSA) to get your eyes checked and purchase eyewear with special lens treatments that can reduce eye strain by minimizing glare and reflections.

Having healthy vision increases your quality of life, and will help you professionally and personally.

Regular eye exams not only provide vision correction, but they can detect other medical conditions such as diabetes and high blood pressure.

