Make time for eye exams

Even if you can see well, regular eye exams are important to help keep your eyes healthy — and catch other health problems early.

Eye exams can help:
- Diagnose diseases.
- Spot other health problems that can also cause eye problems.

What you should do for your eyes:
- Schedule a complete eye exam every year.
- Protect your eyes from harmful UV rays. Wear sunglasses that block 100% of UV rays, even on cloudy days.
- Protect your eyes from everyday bright light and glare. Choose lenses that automatically adjust the tint based on the light around you. Move lamps, TVs, and computer screens to reduce glare.