

# Nurse's Notes

from your UnitedHealthcare Health Engagement Nurses

## Keep Your Eyes Healthy

August 2022

Taking care of your eyes is crucial to overall health and visiting an eye-care professional yearly is the best thing you can do to protect your eyes. In their early stages, many eye diseases/conditions have no warning signs, but a dilated eye exam can detect them before they cause potential vision loss.

In addition to your annual eye care exam, there are many things you can do to protect your eyes:

- Eat plenty of dark, leafy greens and fish that are high in omega-3 fatty acids
- Exercise regularly to lessen your risk from conditions such as diabetes and high blood pressure
- Quit smoking to prevent damage to your lungs and your eyes
- Wear sunglasses, even on cloudy days
- Use protective eyewear when working around the house or playing sports
- Take plenty of screen breaks to rest your eyes from computers or other electronic devices
- Know your family health history because some eye conditions run in families

Do your part to keep your eyes healthy and protect your vision! Review your [vision care benefit guide](#) and contact VSP to find an in-network eye care provider at [vsp.com](http://vsp.com) or **1-800.877.7195**. You can also contact Nurse Therese or Nurse Carmen, your UnitedHealthcare Health Engagement Nurses, with any questions about available resources.

Your UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See below for more information about Nurse Therese and Nurse Carmen, including how you can contact them!

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### **Nurse Carmen**

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