

You FIRST

Your Month of Well-being

APRIL 2025

Focus on Your Vision: Protecting Your Eye Health

Your eyes are essential to everything you do—whether it's working, reading or enjoying time outdoors. Yet many vision problems develop silently, making preventive care, smart screen habits and proper nutrition key to maintaining lifelong eye health. This April, learn how simple habits can help protect your sight and keep your eyes at their best for years to come.

Preventive Care: Eye Exams

Routine eye exams do more than check if you need glasses—they help detect early signs of eye diseases and underlying health conditions like diabetes.

During a comprehensive eye exam, you can expect the following tests:

- **Visual acuity** – Testing how clearly you see at different distances using an eye chart.
- **Visual field** – Testing how well you can see objects off to the sides of your vision without moving your eyes.
- **Pupil response** – Checking how your pupils react to light.
- **Tonometry** – Measuring the pressure inside your eye to screen for glaucoma (nerve damage).

Scan the QR code to learn more about eye exams and recommendations.



Give Your Eyes A Break

Too much screen time can cause digital eye strain, leading to dryness, headaches and fatigue.

Try this *Screen Time Challenge* to give your eyes some much-needed relief!

- **Follow the 20-20-20 Rule** – Every 20 minutes, look 20 feet away for 20 seconds.
- **Take a screen-free hour** – Challenge yourself to unplug for one hour daily and do something away from screens.
- **Adjust brightness and use night mode** – Reducing blue light can prevent eye fatigue, especially in the evening.
- **Blink more!** – Sounds simple, but it helps reduce dryness and irritation.

Can you complete all the challenges this week? Try it and see how your eyes feel!

[American Academy of Ophthalmology, Digital Devices and Your Eyes](#)

Eating for Eye Health

Your diet plays a major role in keeping your eyes healthy. Nutrients like Vitamin A, lutein and omega-3 fatty acids help prevent vision loss and support overall eye function.

Here are some eye-friendly foods to add to your meals:

- **Leafy greens (spinach, kale)** – contain lutein, a light filter protecting the eye tissues from sun damage.
- **Fatty fish (salmon, tuna, trout)** – contains omega-3 fatty acids, helps prevent glaucoma and dry eye symptoms.
- **Carrots and sweet potatoes** – good sources of Vitamin A. Vitamin A helps turn light rays into the images we see and prevents dry eyes.
- **Citrus fruits (oranges, grapefruits), peaches, tomatoes** – good sources of Vitamin C. Vitamin C is an antioxidant that helps protect the eyes and repair tissue cells.
- **Nuts and seeds (almonds, sunflower seeds)** – contains Vitamin E, which slows down age-related vision loss.

[American Academy of Ophthalmology | Foods to Boost Eye Health](#)

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and well-being!

April 2, 2025: Eyes on the Prize, 12pm ET

Protect your vision with these expert tips on eye health. Learn how nutrition, screen time management and regular check-ups can keep your eyes healthy for years to come.

Click [here](#) to register!

Health Topics: Eye and Vision

Register or log in to [CareFirst WellBeing](#) and navigate to *Discover*, then *Health Topics*, next *Eye and Vision*, click *Follow* to get up-to-date information through articles, videos and more on your timeline!

CareFirst BlueCross BlueShield Member Resources

- **Noom:** Designed to help you achieve and maintain a healthy weight. It can also help lower the risk for chronic conditions like diabetes. There is no cost to you and your privacy is assured!
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful, lasting lifestyle changes.

To access the above member resources, log in to or sign up for [CareFirst WellBeing](#). Once logged in, select *Your Wellness Resources*. Next, click *Health & Fitness*, then the program of interest.

Vision Library: Your eyes shape the way you experience the world around you, but they can also reveal early warning signs of diseases like diabetes, hypertension and cancer. Check out the resources through the [CareFirst Vision Wellness Library](#) and learn more about the importance of eye care.

Blue365 Featured Deal for April

Receive 25% off plus free shipping on Croakies sunglass straps, belts, and other great accessories. Blue365 members enjoy 25% off plus free shipping on orders of \$25 or more on the Croakies website. Click [here](#) to register for Blue365!