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.