

HEALTHY HEART HEALTHY EYES



DID YOU KNOW YOUR EYES CAN SHOW HOW HEALTHY YOUR HEART IS?

During a VSP® WellVision Exam®, your VSP network doctor checks for many subtle changes in your eyes resulting from high blood pressure.

Risk factors you can modify, control, or treat by changing your lifestyle or taking medicine include:

STOP SMOKING

Smokers have about twice the risk of developing coronary heart disease than non-smokers.

LOWER CHOLESTEROL

As blood cholesterol rises, so does the risk of coronary heart disease.

LOWER BLOOD PRESSURE

Having both high blood pressure and diabetes can greatly increase your risk for heart disease.

EXERCISE AND MAINTAIN A HEALTHY WEIGHT

Excess weight increases the heart's work. Regular exercise helps prevent coronary heart disease.

HEALTHY DIET

A diet full of fruits and vegetables, whole grains, and proteins is good for the entire body, including your eye health.

CONTROL BLOOD SUGAR

Diabetes increases the risk of developing cardiovascular disease.

REDUCE STRESS

Individual responses to stress may lead to heart disease and stroke.

Your annual VSP WellVision Exam is an essential tool to help you monitor and manage health conditions.

See Well. Be Well.®



**HIGH CHOLESTEROL,
BLOOD PRESSURE,
AND DIABETES CAN
MAKE YOU MORE
LIKELY TO DEVELOP
HEART DISEASE.¹**

Learn more at [vsp.com](https://www.vsp.com)

Source: This information has been adapted from the Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention Website.

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