#LoveYourEyes

Why you should #LoveYourEyes

Good vision lets you live an active and independent life.

Eye care professionals help you #LoveYourEyes

Eye care professionals can help you look after your vision and eyes:

- With a regular eye exam* to:
  - Check how well you can see
  - Look at how your eyes work together
  - Examine the inside and the surface of your eye to check it is healthy

- If you do have a vision problem, advising on how to stop your vision getting worse
- Letting you know if you need medical attention
- Providing glasses or contact lenses to correct your vision if you need them

How to #LoveYourEyes

It doesn’t take much to look after your eyes:

- Have a regular eye examination
- Wear your glasses or contact lenses if you need them
- Protect your eyes from UV light

* Note that the content of an eye examination may vary from country to country – see the ECOO Blue Book page 24