

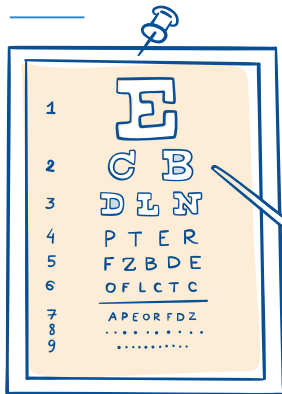
#LoveYourEyes

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

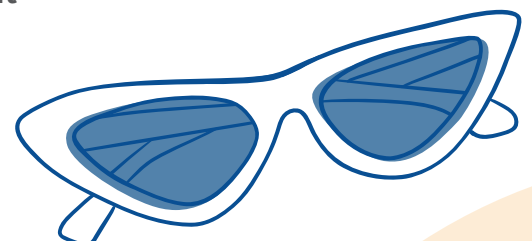
- Providing glasses or contact lenses to correct your vision if you need them



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](#)