Healthy Heart Healthy Eyes

Did You Know Your Eyes Can Show How Healthy Your Heart Is?

vsp vision care

Heart health can impact your vision because heart issues can interfere with the amount of blood that reaches your eyes—leading to a variety of vision problems.

During your VSP® WellVision Exam®, your VSP network doctor checks for many subtle changes in your eyes resulting from high blood pressure. Heart and eye health go hand in hand. They even share similar risk factors.

Stop Smoking
Smokers have about twice the risk of developing coronary heart disease.

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

Healthy 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.

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

High cholesterol, blood pressure, and diabetes can make you more likely to develop heart disease.*

Schedule an appointment with your VSP network doctor today!

Visit **vsp.com/eye-doctor** or call **800.877.7195.**

*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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