



## **About Healthy Sight and Wellness**

### ***Healthy sight means more than seeing 20/20***

Certainly it's important to see well; that's why your eyecare professional is so careful in determining the right prescription for your eyes. But achieving and enjoying healthy sight goes beyond passing an eye test. Healthy sight means enhancing the quality of your vision today while helping to preserve the health and wellness of your eyes for the future.

You only have one pair of eyes and your eyes must last a lifetime. What you do today is important in helping you see your best – everyday in all light conditions – and in helping preserve long-term eye health and wellness that is vital to your precious sight. The choices you make in your everyday life – from proper lighting, proper nutrition and exercise to getting regular check-ups with your eyecare professional and purchasing eyeglass lenses that enhance visual quality and provide protection from glare and UV radiation – can all have an impact on your eyesight.

In the short term, establishing optimum visual quality, enhancing contrast, reducing eye strain and reducing discomforting and disabling glare are important steps. For the long term, protecting your eyes from sun exposure is critical. Like your skin, your eyes are highly vulnerable to the sun's invisible ultraviolet (UV) rays. In fact, repeated exposure to harmful UV rays – even on cloudy days – can lead to irreversible, long-term eye damage. And because the damage is cumulative, it's never too early or too late to start protecting your eyes from potential UV damage.

The good news is that there are simple steps you can take today in your everyday life to protect and help optimize your healthy sight and wellness for a lifetime.

Transitions® lenses are the ideal everyday lens and a smart choice to help you achieve and enjoy healthy sight. When choosing eyewear, it is important to think about all of the factors that affect healthy sight. That's why it is crucial to consider your eyeglass lens options with as much care as you might take in selecting your eyeglass frames. By selecting Transitions lenses, you can be assured you're making the best possible choice for your primary pair of lenses and for your eye health and wellness.

Optimizing healthy sight begins with education. Transitions Optical is committed to helping you understand the everyday threats to your eyesight – glare and UV radiation – and their potential impact both immediate and long-term. For more information on maintaining healthy sight, visit [www.transitions.com](http://www.transitions.com).