

## Keys to Healthy Aging

- Maintenance! Take charge of your health.
- Regularly scheduled visits with your doctors—primary care, optometrist, dentist, other.
- Ask questions, be an educated health care consumer.
- Diet. Ask your eye doctor about vitamins, nutraceuticals and weight loss/gain guidelines.
- Need to stop smoking? Ask for advice and resources from your medical professionals.
- Exercise! Check out what programs might be covered by your insurance. Talk to your health care professionals about what kind of exercise is indicated for you—walking, weights, yoga—there is something for everyone!
- | Keep active



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# Want Your Vision to Be Its Best?

### **Even Healthy Eyes Show Signs of Aging**

As we get older, natural changes in the physiology of the eye affect our vision in ways that corrective lenses alone can't address.

- Our eyes receive only a third the useful light as an average 20 year old.
- We need significantly more ambient light for reading and close work.
- Light focuses less precisely on our retinas—even with correction intensifying glare from the sun, headlights and screens.
- We experience color less vividly.

#### **Controlling Light Is Critical to Aging Eyes**

When your doctor corrects your vision, he prescribes lenses that are curved to change the direction of light, so it focuses where it should. This corrects near and far sightedness. But lenses can do a lot more if they're **eye**LIFE!

- You can see better and more comfortably in bright light, dim light and in-between light with a light adapting tint. And when your eyes are protected from bright light and glare, your night vision will benefit!
- You can see your computer, smart phone and television screens clearly and crisply when your lenses eliminate reflected glare. This is especially important for night driving, and for lessening eye fatigue.
- You can see in "high definition" with lenses digitally engineered specifically for you.
- Your eyes can be protected from glare, excessive light and UV
- You can squint less and that means fewer wrinkles—taking years off your appearance.

# Clear indoors and at night,





Clear indoors and at night,<br/>cut glare from overhead<br/>light and headlights.Continually adapt,<br/>always providing high<br/>definition vision.

Dark in bright sunlight, more comfortable and maintain night vision.

#### Ask Your Eye Doctor to Prescribe eyeLIFE

Why not take advantage of today's latest lens technology? And don't even think about slowing down!

