

Healthy Heart, Healthy Eyes



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.¹

During your VSP® WellVision Exam®, your VSP Vision Care network doctor checks for many subtle changes in your eyes resulting from high blood pressure.

What can you do to reduce your risk of heart disease and keep your eyes healthy?²

- **Stop smoking:** Smokers have about twice the risk of developing coronary heart disease.
- **Lower your cholesterol:** As blood cholesterol rises, so does the risk of coronary heart disease.
- **Maintain a healthy blood pressure:** Having 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.
- **Eat a healthy diet:** A diet full of fruits and vegetables, whole grains, and proteins is good for the entire body, including your eye health.
- **Control your blood sugar:** Diabetes increases the risk of developing cardiovascular disease.
- **Manage your stress:** Individual responses to stress may lead to heart disease and stroke.

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vision care



High cholesterol, high blood pressure, and diabetes can make you more likely to develop heart disease.²

Visit **vsp.com/eye-doctor** or call **800.877.7195** (TTY: 711)

1. Early Signs of Heart Disease Appear in the Eyes, American Academy of Ophthalmology, April 27, 2022. 2. This information has been adapted from the Center for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention Website.