

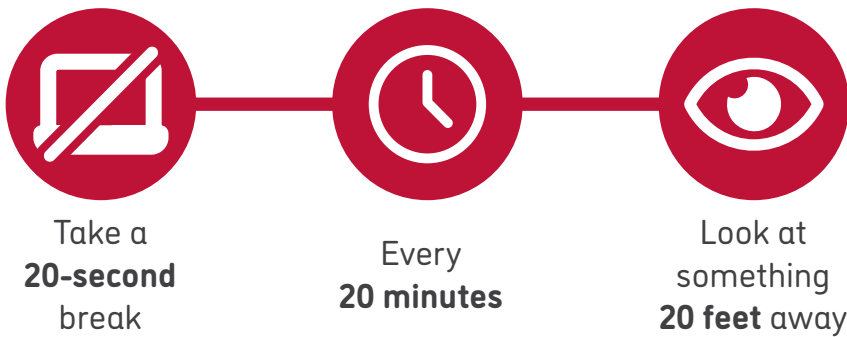


BRIGHT SCREENS, TIRED EYES

Per a [recent National Institutes of Health study](#), Americans spend an average of 28 hours a week just on recreational screen time – not factoring in work-related screen time. Looking at screens makes your eyes work harder than they would if you were reading printed text or looking at real-world objects. As a consequence, digital eye strain, also known as [computer vision syndrome](#), is [on the rise](#).

Computer vision syndrome can manifest in eye strain, headaches, blurry vision, and dry eyes. If you already have vision-related issues such as astigmatism or age-related eye changes, you may be at a higher risk of developing computer vision syndrome. ([Harmful blue light](#) from screens may also hurt your retinas.)

Give your eyes a break by following the **20-20-20** rule:



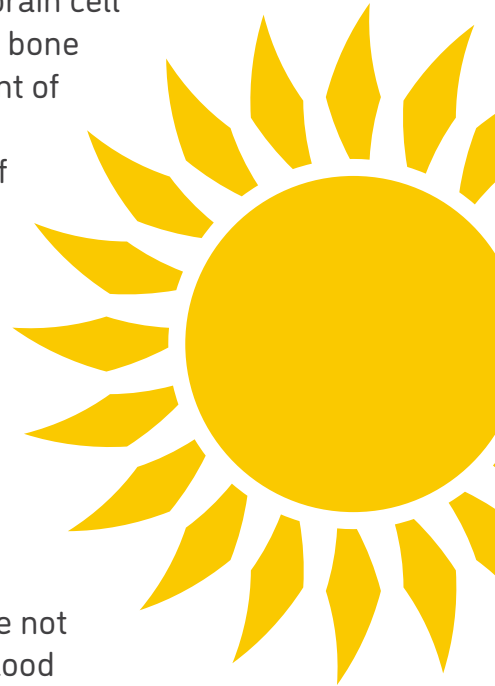
If you have off-screen tasks, try to spread them out during the day to give yourself regular breaks. If you experience eye pain, dryness, or ongoing strain, talk to your eye doctor. They may recommend special computer glasses with certain lens designs, tints, or coatings to give your eyes the help they need.

THE SUNSHINE VITAMIN

Vitamin D is anti-inflammatory and an antioxidant, supporting overall health, muscle function, and brain cell activity. It is essential for maintaining bone strength from head to toe. The amount of vitamin D your skin makes depends on many factors, including the time of day, season, latitude, and your skin pigmentation. (If you have darker skin, you tend to make less vitamin D in the sun than people with lighter skin.)

Depending on where you live and your lifestyle, your vitamin D production might decrease or be completely absent during the winter months. If your doctor suspects you're not getting enough vitamin D, a simple blood test can check your levels. Chronic deficiencies may cause hypocalcemia, a calcium deficiency disease, and hyperparathyroidism.

Many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D. To boost your levels, you could take a multivitamin with vitamin D and eat foods high in vitamin D, such as egg yolks, cheese, and fortified cereals.



BENEFIT SPOTLIGHT: ADULT PREVENTIVE CARE

We go to the doctor when we're feeling sick, but it's just as important to go in for regular visits and tests to catch developing medical issues early. [Most health plans](#) are required to cover a set of preventive services at no cost to you! Below are some common recommendations for adult preventive health.

Blood pressure reading: Annual [blood pressure checks](#) can help reduce your risk of stroke and heart attack.

Cholesterol test: Get your [cholesterol checked](#) at least every 4 to 6 years.

Gynecologist: Persons with a uterus should see a gynecologist annually. Starting at age 21, you should get a pap smear to test for [cervical cancer](#) at least every three years until you turn 65.

Mammograms: Guidance from the [Women's Preventive Services Initiative](#) is that they should begin between age 40 and 50 and continue annually or every other year through at least age 74.

Prostate exam: Persons with a prostate should be screened for [prostate cancer](#) beginning at age 50, or sooner depending on family history.

Colonoscopy: This exam is recommended for adults beginning at age 45. Frequency depends on test results and family history.

Diabetes screening: [Type 2 diabetes](#) and prediabetes screening is recommended for adults 35 to 70 who are overweight or obese.

Bone density screening: This [osteoporosis test](#) is crucial for persons who have gone through menopause.

