

SimplyWell LLC
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May Snippets

Healthy Vision Month

~37 million adults in America suffer from visual impairments or blindness

The American Academy of Ophthalmology, the world's largest association for eye physicians and surgeons, is asking you and your friends and family, to take charge of your eye health and preserve your sight by following some simple tips. Making healthy choices and getting regular eye exams can reduce your risk of visual impairment from several health conditions.

Tips to improve your eye health include...

- **Eat citrus fruits, whole grains, dark green leafy vegetables and cold water fish.**
- **Do not use eye makeup that is more than three months old.**
- **Wear UV blocking sunglasses or broad-brimmed hats whenever you're outside.**

Eye diseases may develop with or without symptoms. That's why it's recommended that at age 40 adults receive a baseline eye examination, even if they do not have any symptoms or risk factors for eye disease. The earlier any issues are detected the more likely your vision can be preserved.

Practice healthy habits and contact your eye doctor today to schedule an annual eye examination. Make sure to track your appointments in your SimplyWell member portal to help you track your appointments from year to year.

Source: [American Academy of Ophthalmology](#)

Stroke Awareness Month

Every four minutes someone dies from a stroke

A stroke can happen to anyone, at any time, and at any age. That's why every May, the National Stroke Association works to raise awareness and support for the millions of stroke survivors across the United States.

Educating the public about stroke risk factors like high blood pressure or smoking, identifying common symptoms such as trouble speaking and numbness on one side of the body, and mechanical and drug treatment options helps improve the health of our communities. By spreading awareness this month, you could help someone in your community prevent or survive a stroke.

Source: [National Stroke Association](#)

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Better Sleep Month

Start every day with a good night's sleep

An often overlooked aspect of health is sleep. Just like eating right and getting enough exercise, sleep is a vital part of a healthy lifestyle. The average person needs 7-8 hours of sleep each night in order for their brain to consolidate the day's activities into memories and reenergize their bodies.

Sleep impacts your life in many ways, after all you spend about 33% of your life sleeping. It affects how you feel physically and emotionally, which directly impacts your relationships, productivity and overall quality of life. A lack of sleep increases your stress levels, weakens your immune system, increases your risk for health issues like high blood pressure and heart disease, impairs your problem solving and reasoning skills, and may lead to weight gain.

So the next time you think about skimping on sleep to get more done think again. Getting a full night's sleep will enable you to be more productive, improve the quality of the work you do and is better for your overall health.

If you're one of the millions of people who need to improve your sleeping habits, log in to your SimplyWell member portal and track your sleep each night to help develop healthier habits.

Source: [The Better Sleep Council](#)