



You already know that a regular eye exam from a VSP[®] doctor is important to maintaining your eyes' health. But did you know diet and exercise are important for your eyes too? That's why we're happy to provide you with the VSP GetFIT ProgramSM. The GetFIT Program gives you free tools and resources to help you eat healthy, stay active, and be inspired.

Maintaining a healthy body weight can help decrease the risk of developing diabetes, cardiovascular disease, and many other chronic conditions that affect your eyes.

Check out the GetFIT resource page on the Eyecare Discover Center[®] at vsp.com.