Protect Your Overall Health with Good Oral Hygiene

You can lower your risk of problems like high blood sugar if you have diabetes, heart disease, infection or inflammation, early labor if you're pregnant and even memory problems. Follow these simple steps:

**01** Eat a balanced diet, drink plenty of water, limit alcohol and tobacco.

**02** Brush at least twice, floss and rinse daily.

**03** See your dentist regularly. Some dentists offer telehealth visits for problems while the office is closed.

Protecting Your Vision Health with Increased Screen Activity

Your eyes may be under more strain than normal with added screen activity as we connect to our friends, family and work from home. Take these steps to protect your eyesight now and always:

**01** Eat a balanced diet including dark leafy greens and fish high in omega-3 fatty acids.

**02** Give your eyes screen breaks every 20 minutes. Look at something 20 feet away for 20 seconds.

**03** Wear sunglasses or adaptive lenses to protect your eyes from sunlight.

**04** See your eye doctor each year or as soon as you notice a change in your sight.

For more information go to www.bcbsla.com