Yearly physical? Check. Dentist appointment? Check. But what about your vision? It’s important to take care of your eyes—just like you take care of the rest of your body. Here are 5 tips for healthy eyes:

1. **Book an annual eye exam** to detect or treat vision problems in their earliest stage.

2. **Use the 20-20-20 rule**: for every 20 minutes of screen time, look away about 20 feet in front of you for 20 seconds.

3. **Wear your shades to protect your eyes** from the sun’s harmful ultraviolet rays.

4. **Eat right** with a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens.

5. **Wear protective eyewear** like safety glasses and goggles when playing sports or doing activities around the home.

Source: National Eye Institute