



PREMIER

WELLNESS E-NEWSLETTER

March 2016



PREMIER HELPS SAVE LIVES:

Premier recently participated in a Blood Drive on Wednesday March 9th. We had **14** participants and collected **1.75** Gallons of Blood. We are excited to announce that this donation can help save **42 Lives!** We've listed the most common reasons for Blood usage:

- 67% of Blood Transfusions were used to treat Medical conditions such as Anemia, Cancer and Blood Disorders.
- 27% was used in surgery including cardiac and emergency surgeries.
- 6% was used to treat blood loss after childbirth.

ASSOCIATE HIGHLIGHT:

On February 6, 2016 Premier's Community Service and Wellness Committee partnered with Premier's associates and participated in the Loop the Lake for Literacy cycling event at Lake Okeechobee in central Florida. We appreciate Community Service coordinating this awesome event that also enriches Premier's Physical Health!

Participants: Patrick Hatchwell, Natasha Jefferson, Brian Squillace, Amanda Gilbert, John Lumley, Michael Aguirre and Luis Prieto.

As a group the Premier Eye Care team cycled a total of 252 miles around Lake Okeechobee and helped raise \$81,683 to help the mission of the Literacy Coalition of Palm Beach County which is to improve the quality of life in our community by promoting and achieving literacy and to ensure that every child and every adult in Palm Beach County can read.



7 things you're doing at your desk that will give you eye strain

Don't wear glasses with an old prescription. For maximum comfort, ask your eye doctor about custom computer eyeglasses.



Eye strain can be caused by excessive lighting. Overhead lighting should be no brighter than your screen.

Avoid "turtling" – sitting with your back rounded, chin jutting forward and head tilted back – to get closer to your screen. If you can't see your screen clearly with good posture, visit an eye doctor.

Old monitors and low-resolution screens are hard on the eyes. Upgrade to a high-resolution flat panel display for less eye fatigue.

Sitting too close to the screen can cause eye fatigue and blurred vision.



SAVE YOUR VISION MONTH – EYE SAFETY AT WORK:

The American Optometric Association has chosen March as Save your Vision Month. We've provided some tips below on how to practice Eye Health while at work:

- 1) Take Regular Computer Breaks – the American Optometric Association Suggests the 20/20/20 Rule. Look 20 feet away, every 20 minutes, for 20 seconds.
- 2) Avoid Excessive Lighting – overhead lighting should not be brighter than your screen.
- 3) Sitting too Close to the Screen- sitting too close can cause eye fatigue and blurred vision.
- 4) Avoid changing your posture to see the screen – if you can't see the screen without good posture or jutting forward, it's time for an eye exam.
- 5) Move your mouse closer- having it too far away can cause you to lean in, increasing strain.

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved



PREMIER EXPERTISE. PREMIER SERVICE.