

A monthly wellness newsletter from Better You

New year, healthier you: Focusing on prevention

Ring in the new year with a renewed commitment to your well-being! Why not prioritize your health for a lifetime of vitality and joy? True wellness is about nurturing your whole self: body, mind, and spirit. Here are three important steps to kick-start your journey — and why they matter.

1. Schedule your yearly

wellness exam. Don't wait for a health issue to arise – be proactive. A yearly wellness exam with your primary care doctor helps you take control of your health. During this visit, your doctor will:

- Review your health history to identify potential risks
- Check your vital signs to make sure everything is running smoothly
- Discuss recommended screenings and vaccines
- Work with you to create a personalized plan to prevent future problems

2. Get an annual eye exam.

Your eyes are a window to your health, and a yearly eye exam can reveal more than whether you need glasses. According to the Centers for Disease Control and Prevention (CDC), a

comprehensive dilated eye exam can find eye diseases early before you notice symptoms. It can also spot signs of serious health problems like high blood pressure or diabetes.

3. Make healthy habits routine.

Being healthy isn't just about one checkup. It's about what you do every day: eating balanced meals, moving your body, getting enough sleep, managing stress, and staying away from harmful habits like nicotine use and excess alcohol. Doing steps one and two — your wellness check and eye exam — can set the stage for these habits. They give you a "reset" moment where you and your doctor or eye-care provider look at where you are, where you want to go, and how to get there. Take small steps every day to make these habits a lasting part of your life.

Why it matters

- The annual wellness checkup helps prevent and detect diseases early, when they are easier to treat. One study found these visits were linked with earlier diagnosis of mild cognitive impairment (MCI) in



older adults — making earlier care possible.

- An annual eye exam can identify systemic health issues and eye diseases, so you can maintain healthy vision and prevent vision loss.
- Healthy lifestyle habits reduce the risk of chronic diseases, improve physical and mental health, and boost your overall quality of life.

By scheduling annual doctor visits and choosing daily habits that support your health, you're building a stronger, healthier you for the year ahead. Discover the path to your healthiest self by [joining our webinar](#) on January 13, 2026, at 1:00 p.m. ET.

Resources: ¹[NIH.gov](#); ²[NIH.gov](#); ³[NIH.gov](#)

Eyes on the prize: How diet affects eye health

Our vision supports our overall health in ways we may not realize, and good nutrition plays a big role in that. A nutritious, balanced diet can support eye development and health from childhood to adulthood. As we age, our eyes are at risk for disorders like cataracts, macular degeneration, and glaucoma. Fortunately, we have powerful tools to support our eye health.

Key nutrients for eye health

- Vitamins A, C, E
- Lutein and zeaxanthin
- Omega-3 fatty acids
- Zinc

Tips for maintaining eye health

- **Get your greens:** Broccoli,

kale, kiwi, grapes, turnip greens, and spinach are rich in lutein and zeaxanthin, which protect eyes from sun damage and age-related changes.

- **Love pumpkin:** Beta carotene (Vitamin A) prevents night blindness and macular degeneration. Find it in pumpkin, butternut squash, carrots, and sweet potatoes.
- **Good fat is all that:** Omega-3 fatty acids benefit eye health by reducing inflammation and enhancing tear production. Enjoy fatty fish such as salmon and mackerel, chia seeds, sunflower seeds, and walnuts.



- **C what this nutrient can do:** Vitamin C reduces cataract risk and visual acuity loss. Find it in oranges, berries, papaya, peppers, and tomatoes.
- **Blink for zinc:** Important to our retina, include zinc-rich foods like grass-fed beef and poultry, oysters, beans, legumes, chia seeds, pumpkin seeds, and nuts like pecans.

Refresh your routine and discover how delicious supporting your eyesight can be!

Resources: [Academy of Nutrition and Dietetics](#); [AOA](#)

Spinach & Egg Scramble with Raspberries (Serves 1)

Ingredients:

- 1 teaspoon neutral oil, such as canola or avocado
- 1 ½ cups baby spinach (1½ ounces)
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- 1 slice whole-grain bread, toasted
- ½ cup fresh raspberries

Directions:

Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper.



Serve the scramble with toast and raspberries.

Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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