

Monthly Observances/Focuses for 2025

Month	Tagline
January	<p>January is Glaucoma Awareness Month Glaucoma is a gradual eye disease affecting the optic nerve that can lead to the loss of peripheral vision and is the second leading cause of blindness worldwide. Early detection is key. Learn more about how regular annual eye exams can help monitor the well-being of your optic nerve and overall eye health.</p>
February	<p>February is American Heart Month Did you know heart health can directly impact your eye health? It's true. Healthy hearts and healthy eyes go hand in hand. Learn how you can take steps to protect your vision by caring for your cardiovascular health.</p>
March	<p>March's focus is Cataract Prevention Cataracts occur when the eye's lens becomes cloudy. While this is a normal part of aging, there are some steps you can take to prevent the development of cataracts and keep your eyes healthy for years to come.</p>
April	<p>April's focus is Seasonal Allergy Relief Watery, itchy eyes can be a nuisance as the seasons change. Learn more about how to alleviate the effects of seasonal allergies on your eyes. Your VSP® Vision Care network eye doctor can also help you find the best path for relief!</p>
May	<p>May is Healthy Vision Month Regular eye exams, restful sleep, staying active, and good hydration are all ways to support your eye health. Make caring for your eyes a priority and learn more about the six simple steps that you can take to support your overall eye health.</p>
June	<p>June's focus is Emergency Preparedness An emergency or disaster can strike at any time with little or no notice. For those who need vision correction, lost or damaged glasses can make a stressful situation even worse. Get helpful tips on how to prepare and learn how VSP® Vision Care supports disaster relief in our communities.</p>
July	<p>July's focus is Dry Eye Awareness Month Did you know more than 16 million Americans are diagnosed with dry eye disease (DED), but many more go undiagnosed? Dry, irritated eyes impact everything from visual comfort when using devices to sleep quality. This month, prioritize your vision—know the signs and visit a VSP® Vision Care network eye doctor to protect your eyes.</p>
August	<p>August is Children's Vision and Learning Month For children, there's a strong connection between learning and vision. Find out more about how an annual eye exam with a VSP® Vision Care network doctor can help set kids up for a successful school year.</p>
September	<p>September is Healthy Aging Month Vision changes are a natural part of getting older. As you age, you might experience presbyopia (trouble seeing up close), cataracts, or decreased night vision. Keep your eyes healthy by visiting a VSP® Vision Care network eye doctor every year.</p>
October	<p>October's focus is Eye-Healthy Foods Fall leaves aren't the only source of beautiful colors this season. Seasonal produce like butternut squash, pears, carrots, and kale are eye-healthy choices that can bring color to your plate. Schedule your eye exam with a VSP® Vision Care network doctor and stay on top of your health.</p>

Monthly Observances/Focuses for 2025

November	November is American Diabetes Month Diabetes is the leading cause of vision loss in people 18-64 in the US. For most diabetes-related eye health conditions, early detection and management are key to keeping eyes healthy and preserving vision. Take the 60-Second Type 2 Diabetes Risk Test , and remember an annual eye exam with a VSP® Vision Care network doctor supports your overall wellness.
December	December's focus is Winter Eye Health Colder temperatures, snow, and dry air from heating sources can all contribute to eye discomfort. Learn more about protecting your eyes in cold weather and how a VSP® Vision Care network eye doctor can help you keep your eyes healthy all season long.

Source for monthly observances: American Optometric Association (AOA) and American Academy of Ophthalmology (AAO).