

HOW ARE YOUR EYES IMPORTANT TO YOU?



'We need to see to care for Country'

Scott West & Mantua Nangala
Kiwirrkurra Traditional Owners and Rangers

STEPS YOU CAN TAKE TO LOOK AFTER YOUR EYES

- Have a 715 Health Check every year
- Get regular eye checks
- Tell your health worker if your vision changes or if you have any eye problems
- Go to your appointments if you are referred
- Eat healthy food and manage diabetes if you have it
- Protect your eyes from the sun (hat, sunglasses)
- Cut down or quit smoking and alcohol

'TRAVERSING COUNTRY'

by Gilimbaa artist David Williams
(Wakka Wakka)

These elements represent the strength and vibrancy of First Nations people all over Australia. We are diverse and culturally strong peoples with humour to share and stories to tell. We are forever connected to Country, our families, and our communities.

Continuity of culture is one of the most important things for First Nations peoples. Our health and wellbeing is strengthened by these connections. The connections here are represented as a continual line from left to right; the line has no end.

As we walk on, feel, and see our Country, we are connected.

REGULAR EYE CHECKS KEEP OUR EYES HEALTHY

For more information and support with your eye health yarn with your health worker, doctor or local health clinic about getting an eye check. It's also part of your annual 715 health check.

Further information and other eye health resources visit Minum Barreng: Indigenous Eye Health Unit, University of Melbourne.

www.iehu.unimelb.edu.au



YOUR EYES AND 715 HEALTH CHECK

Regular eye checks keep our eyes healthy

WHAT IS THE 715 HEALTH CHECK?

The 715 health check is a free annual health check for Aboriginal and Torres Strait Islander people

It is a chance to:

- yarn with your health worker or doctor
- check how your body is going
- find health problems early

The 715 Health Check helps you to look after your health, so you can stay healthy and strong for you and your family

WHY ARE EYES PART OF THE 715 HEALTH CHECK?

Your eyes are part of your health and wellbeing

Some eye problems:

- do not hurt - you may not feel anything
- are difficult to notice or have no symptoms at first
- can get worse over time

Checking your eyes helps to find problems early, when they are easier to treat.

WHAT HAPPENS WITH YOUR EYES DURING A 715 HEALTH CHECK?

Your clinic may:

- ask about your vision and if you have any problems with your eyes
- check how well you can see
- look at the front of your eyes
- talk with you about eye health and how to look after your eyes
- refer you to an optometrist, ophthalmologist or eye clinic if needed

If you are living with diabetes, your clinic may also check the back of your eyes



WHY REGULAR EYE CHECKS ARE IMPORTANT

Regular eye checks help:

- keep your eyes healthy and strong
- pick up problems early, like if you need glasses or have cataract
- you keep doing the things that are important to you

The 715 Health Check helps support strong eyes all through life - for kids, adults and Elders