Did You Know?

(NAPS)—Be wise about your eyes: See an ophthalmologist to keep your vision at its best as you age. If cost stands in your way, EyeCare America, a public service program of the American Academy of Ophthalmology, may be able to help. Check whether you qualify at aao.org/eyecare-america.

Before you turn up the heat, take a moment to look, listen and smell. Your HVAC system may be giving you useful information, and an inspection can help you understand what it means. Learn more from the experts at NADCA, The HVAC Inspection, Cleaning, and Restoration Association, at breathingclean.com.

Fall's a paw-some time to enjoy your family yard—and prep it for a lush spring, say the experts at The TurfMutt Foundation, which advocates for outdoor living and the care and stewardship of yards, parks, schoolyards and other green spaces, for the benefit of all. Learn how at TurfMutt.com.

MinuteClinic Virtual Care is available 24/7, and many MinuteClinic locations offer evening and weekend hours. MinuteClinic can provide preventive, wellness and chronic care, including women's health, blood pressure management and tobacco cessation support; adult primary care in select markets; virtual mental health counseling; weight management for eligible adults; and connections to additional care when needed. Learn more at MinuteClinic.com.

It is important to visit an optometrist annually to screen for disease, in addition to checking for near- or farsightedness, says Delta Dental of Wisconsin's DeltaVision. Flexible plans are available through employer-sponsored benefits, or directly from Delta Dental of Wisconsin at www.deltawi.com.

Helping older adults stay healthy and live life more fully, Oak Street Health, a part of CVS Health, specializes in an innovative care model that goes beyond typical primary care to provide comprehensive preventive care, including personalized wellness plans, integrated health services, and educational and social activities to support overall health and well-being. Learn more at oakstreethealth.com.



Knowing your risk factors is one of the first steps you can take to reduce your chances of developing diabetes. Signify Health can help with an In-Home Health Evaluation. To check your eligibility for a no-cost evaluation, visit HelloSignify.com.

There may be good news for many parents struggling to afford tutoring, special education services or a school that better meets their child's needs: Help could be on the way from the federal government. For information about eligibility, participating states and how to prepare, visit: EdChoice.org/federal-tax-credit-for-scholarships.

You can help protect yourself and your family from the flu this Thanksgiving if you get vaccinated before you feast. You can make flu vaccine appointments for yourself and your family by visiting CVS.com, MinuteClinic.com or via the CVS Health app—or you can walk into locations nationwide.

Throughout November, National Diabetes Awareness Month, the American Red Cross is offering free A1C testing to blood and platelet donors, letting individuals learn more about their health while they help save lives. See RedCrossBlood.org/Maze for details.

Veterans, if you're thinking about quitting smoking, remember that you don't have to do it alone. Tobacco Free Florida's free Quit Your Way services and the Salute to Health initiative, can help. To learn more, visit TobaccoFreeFlorida.com/Veterans or call 1-877-U-CAN-NOW (1-877-822-6669).

To help people save money, one of the largest locally owned federal credit unions in Texas and New Mexico, GECU, offers a 12-month certificate account that can be opened with $50 and earns a competitive dividend rate. Learn more at gecu.com/certificateaccounts.