

The Importance of an Eye Exam

A WellVision Exam® from a VSP® provider helps detect the signs of health conditions like high blood pressure, diabetes, and high cholesterol—along with other eye and health issues.



Think you're too young, old, or healthy for an eye exam? Think again.



Babies and Toddlers

Approximately 80% of what children learn is through their eyes.¹ Impaired vision can affect a child's cognitive, emotional, neurologic, and physical development by potentially limiting his or her exposure to a range of experiences and information.²

Schedule their eye exams:

- At six months • Between two and three years old • Before kindergarten

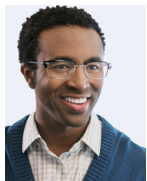


Children

More than one in four school-age children have some form of a vision problem.³ Studies show that 60% of students identified as problem learners have undetected vision troubles.⁴

Schedule their eye exam once a year.

TIP: Schedule one at the beginning of the school year to give your child a healthy start.



Adults

Even if you have had laser vision surgery or have naturally good vision, you still need an annual exam. More than four million Americans over the age of 40 have some form of vision impairment.⁵ More than two-thirds of Americans report experiencing symptoms of digital eye strain.⁶

Schedule your eye exam once a year.



Seniors

As we age, we're more susceptible to cataracts, glaucoma, and macular degeneration. Macular degeneration is the leading cause of vision loss and blindness among Americans age 65 and older.⁷ Glaucoma affects more than 3 million Americans, but only half are aware they have the disease because the symptoms are so subtle.⁸

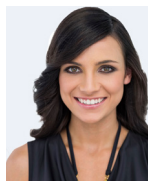
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People with Diabetes

Diabetes is one of the top three causes of blindness in the United States.⁹ And, most diabetes-related blindness can be prevented by an annual eye exam.

Schedule your eye exam once a year.



Contact Lens Wearers

Contact lenses are medical devices. That's why regular exams with an eye care provider to review your prescription are important.

Schedule your eye exam once a year.

According to the National Eye Institute, more than 11 million people in the U.S. have an uncorrected visual impairment. Help protect your family's vision. Visit **vsp.com** to find a conveniently located VSP® provider.

1. Ritty et al. (1993) Visual and sensory-motor function in the classroom a primary report of ergonomic demands, J. Am. Optom. Assoc. 1993, 64:238-244. 2. National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention. Vision Impairment Among Children, accessed January 13, 2016. 3. Kleinstein, RN et al. Refractive error and ethnicity in children. Arch Ophthalmol. 2003;121(8):1141-1147. 4. American Optometric Association 5. Prevent Blindness America, 2012. 6. The Vision Council, 2016 Digital Eye Strain Report. 7. allaboutvision.com 8. Glaucoma Research Foundation, 2015. 9. CDC Vision Health Initiative, Common Eye Disorders, 2013.