

# LIFESTYLE

## LESSONS



## Keep an Eye on Your Vision Health

Eye exams, like regular physicals, are an important part of routine preventative health care. Since many vision issues present limited symptoms, early detection and treatment is important for maintaining good vision in the long run. Review this guidance for best practices on when you and your family should receive eye exams.

The following are general guidelines for when you and your family should receive eye exams:

- If you have been diagnosed with a vision or eye condition problem, visit the eye doctor annually.
- Children age 5 and younger should have their vision checked every time they visit their pediatrician.
- School-aged children and adolescents should have their vision checked prior to entering first grade, and then every other year after that.
- Adults should also have their vision routinely checked:
  - At least once between the ages of 20 to 29
  - At least twice between the ages of 30 and 39
  - Once at age 40, and then as recommended by an ophthalmologist until age 65
  - Once every year or two after age 65

## Prioritize Your Child's Eye Health

Maintaining your child's eye health is especially important to ensure they don't experience vision problems later in life. That's why it's important to make regular eye exams a staple in your child's health care regimen.

For additional lifestyle and well-being guidance, contact us today.