



Innovative
WORKPLACE WELLNESS

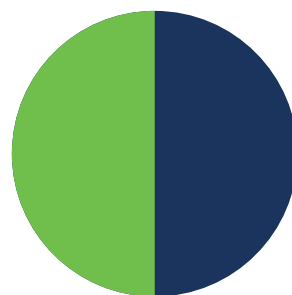
THE IMPORTANCE OF EYE EXAMS

Wellness Tips

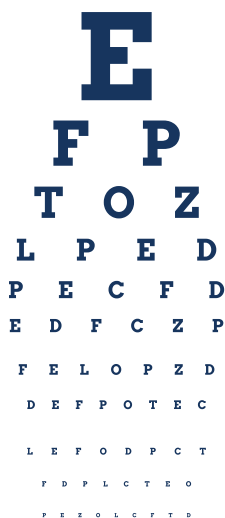
Taking care of your eyes can not only have a huge impact on your life now, but it can also prevent issues from developing later in life. Vision can impact depth perception, hand-eye coordination, eye tracking ability, learning abilities, and personality. Completing a routine eye exam can also help detect potential medical concerns such as glaucoma, high blood pressure, diabetes, high cholesterol, and even cancer.



Only **50%** of US adults who are high risk for vision loss have visited an eye doctor in the past 12 months.



50% of people with glaucoma don't know they have this disease which can lead to blindness.



Vision Screening vs. Comprehensive Eye Exam

You may be thinking that you had your eyes checked at the DMV, or your child had their eyes checked at school, so you don't need to see an eye doctor. Unfortunately, that is not the case. A basic vision screening and a comprehensive eye exam are not interchangeable. A vision screening that can be completed at places like the DMV, school, not replace comprehensive eye exams performed by a licensed eye doctor. These types of vision screenings are used to help alert you of any potential issues that may need a follow-up. Only an eye care professional can diagnose eye and vision problems, ensure your eyes are healthy, and that you are seeing properly.



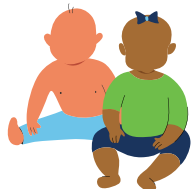
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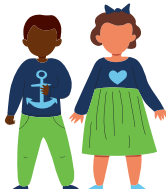
How Often Should You Have an Eye Exam?

Infants



Infants should have their first eye exam at six months old

Toddlers



A second eye exam is important at the age of three

Children



Children should have an eye exam before starting school and every 1-2 years thereafter

Adults



Adults should have a comprehensive eye exam every 1-2 years

Elderly



Adults above 60 should have an eye exam every year

5 Tips to Protect Your Vision

1



Get regular eye exams.

4



Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation.

2



Eat a healthy diet which includes leafy greens such as spinach and kale.

5



Quit smoking.

3



Know your family's eye health history.

#ibpwellnesstips
Healthier Together

Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

Resources:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>