



# Vision Basics: A Routine Eye Exam

eye  
Med

# Let's start with a routine eye exam

## Vision conditions and diseases that can be spotted with your EyeMed comprehensive exam:





- Myopia (nearsightedness)
- Hyperopia (farsightedness)
- Presbyopia
- Astigmatism
- Glaucoma
- Cataracts
- Diabetic retinopathy
- Macular degeneration

## General health conditions that can also be detected:<sup>1</sup>

- Diabetes
- High blood pressure
- High cholesterol
- And more

<sup>1</sup>"20 Surprising Health Problems and Eye Exam Can Catch," <https://www.aaopt.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects>, 2020.

# Eye care at every age

Babies and Toddlers <sup>1</sup>	School-age Children <sup>2</sup>	Adults	Seniors
 <p>Babies should receive their <b>first professional eye exam at 6 months</b></p>	 <p><b>80% of what children learn</b> in school is presented visually<sup>2</sup></p>	 <p><b>More than half of adults</b> report experiencing symptoms of digital eye strain<sup>4</sup></p>	 <p>Vision loss can be a contributor to <b>loss of independence</b></p>
<p>Children should have <b>at least 1 comprehensive eye exam between the ages of 3 and 5</b></p>	<p><b>61% of children found to have vision problems through school screenings</b> never visit an eye doctor<sup>3</sup></p>	<p><b>15% of Americans</b> wear non-prescription reading glasses<sup>5</sup></p>	<p>Serious eye conditions like macular degeneration, glaucoma and cataracts are <b>most prevalent in seniors</b></p>

<sup>1</sup>Recommendations from the American Optometric Association (AOA), <https://www.aoa.org/news/inside-optometry/aoa-news/championing-childrens-eye-care?sso=y>, 2019. <sup>2</sup>"A Guide to Children's Vision Problems," All About Vision, [https://www.allaboutvision.com/parents/child\\_vision.htm](https://www.allaboutvision.com/parents/child_vision.htm), 2019. <sup>3</sup>School-aged Vision: 6 to 18 Years of Age, <https://www.aoa.org/healthy-eyes/eye-health-for-life/school-aged-vision?sso=y> <sup>4</sup>"Digital Eye Strain," The Vision Council, 2018. <sup>5</sup>"Types of Glasses That Do Not Require A Prescription," EyeQue, 2018.



Contact lens wearer?



# Contact Lens Exam

The Contact Lens Exam is a separate evaluation to determine your contact prescription, size and type of contact best suited for you

- The contact lens exam is also known as a Contact Lens Fit & Follow-Up and they fall into two categories:

## Standard

- Applies to A standard contact lens is defined as a clear, soft, spherical, daily wear contact lenses for single vision prescriptions
- Does not include extended/overnight wear for any prescription

## Premium

- Applies to more complex needs
- Includes, but not limited to, toric (astigmatism), multifocal, monovision, post-surgical, gas permeable contact lenses and other non-standard contact lenses



## Refractive errors and vision conditions 101

# Myopia\*

- Medical term for nearsightedness
- Condition where your eyes cannot clearly see objects at a distance
- Most common vision impairment in people younger than 40

## Symptoms may include:

- Difficulty seeing distant objects
- Squinting, or partially closing the eyelids to see clearly
- Headaches caused by eyestrain

\*This should not be considered medical advice. Please consult a doctor.

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HEALTHY

ADVANCED



# Hyperopia\*

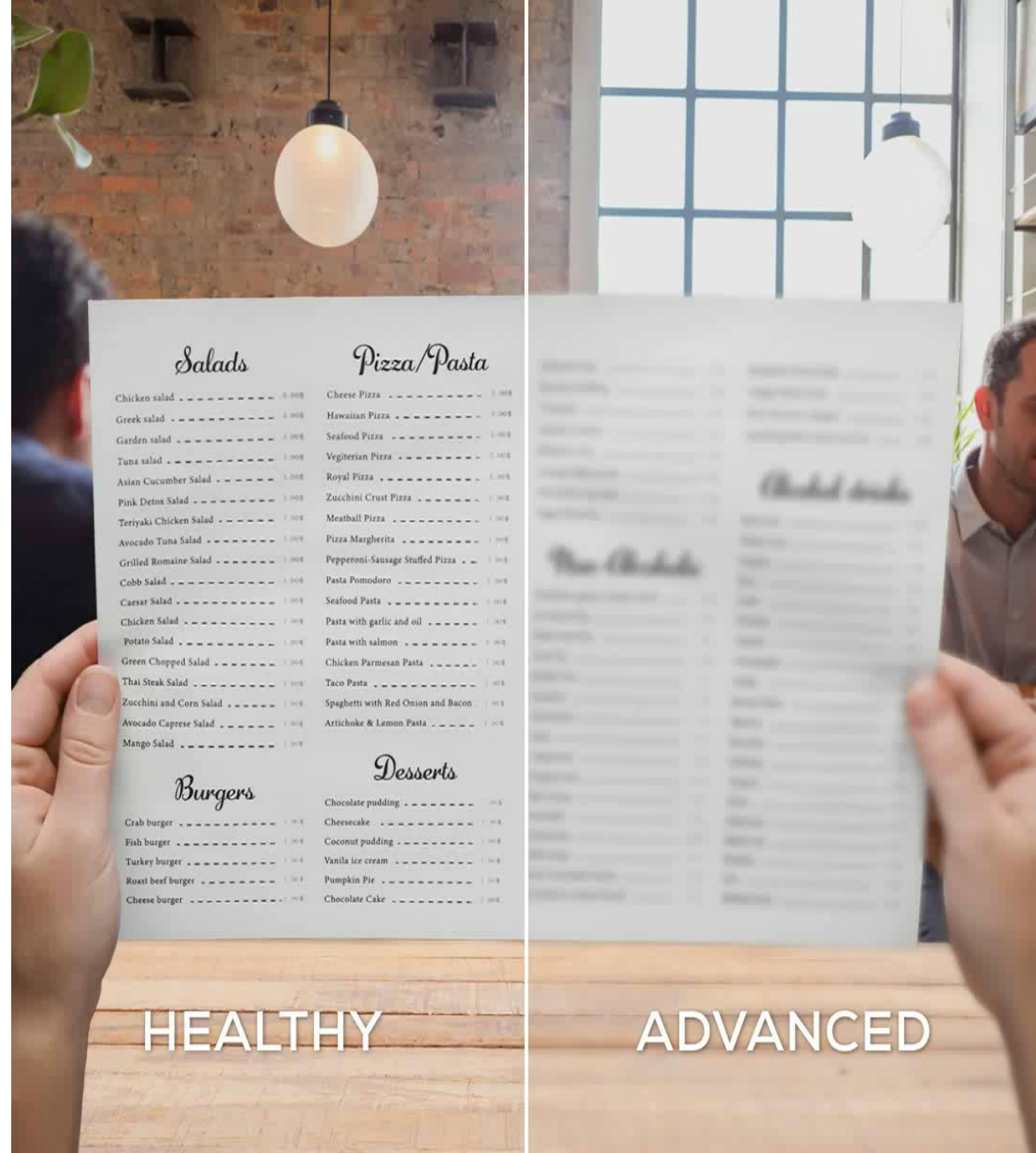
- Medical term for farsightedness
- Condition where your eyes cannot clearly see objects close up

## Symptoms may include:

- Difficulty seeing close objects
- Squinting to see better
- Headaches after tasks that require you to focus on a nearby object

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# Presbyopia\*

- Often described as fuzzy vision
- Among the most common eye impairments
- Naturally occurring age-related condition (afflicts everyone at some point, usually after age 40)

## Symptoms may include:

- Trouble reading small print or reading in low light
- Trouble focusing on objects that are close

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# Astigmatism\*

- An imperfection in the curvature of your eye's cornea or lens
- A condition that causes vision to be blurred at all distances
- Often accompanies myopia or hyperopia

## Symptoms may include:

- Blurred vision
- Distorted vision
- Headaches
- Eyestrain
- Eye fatigue

\*This should not be considered medical advice. Please consult a doctor.



# Amblyopia\*

- Often referred to as “lazy eye”
- A condition that typically develops during childhood when the vision in 1 eye is weaker than in the other

## Symptoms may include:

- Noticeably favoring 1 eye
- Closing of 1 eye
- Squinting
- Headaches
- Eyestrain

\*This should not be considered medical advice. Please consult a doctor.

