For overall wellness, don't overlook your annual eye exam

Healthy vision is one of the greatest gifts that we have. Eye exams play an important role in your overall wellness, and you should get one every year for optimal vision health. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol.[1] Annual eye exams enable your doctor to monitor the health of your eyes and track changes that can occur from year to year.[2]

Vision insights

Individuals at every age can benefit from regular eye care:

- Babies and toddlers: The American Optometric Association recommends babies receive their first eye exam between the ages of 6 and 12 months.[3]

- School-age children: Up to 25% of school-age children may have vision problems that can affect learning.[4]

- Adults: Approximately 202.6 million adults in the United States alone need vision correction.[4]

- Seniors: Serious eye conditions such as glaucoma and cataracts are most prevalent in individuals over the age of 60.[5]

Regular exams are a simple, noninvasive tool to help identify early signs of serious and chronic health conditions. And because early detection is key for treatment, regular eye examinations play a vital role in a healthy life and in helping you see life to the fullest.

For benefit questions, contact the EyeMed Customer Care Center by calling 1-866-4EYEMED.

Hours of live operation

Monday – Saturday: 7:30 a.m. – 11:00 p.m. ET
Sunday: 11:00 a.m. – 8:00 p.m. ET