Keep Your Eyes Healthy for Life



Regular eye exams are essential for protecting your vision and spotting problems early. Find out how often you should get your eyes checked at every stage of life.

vsp vision care

Babies and Toddlers

Catching vision issues early is crucial to ensuring healthy eye development. It is recommended that babies have their first eye exam between six and 12 months of age.[1] Although not a replacement for a pediatric eye exam, infants will likely also have vision screenings at their pediatrician appointments. If their pediatrician notices anything of concern, they will refer you to an eye doctor for additional care.[2]

Children

More than one in four school-age children has some form of a vision problem, and this can impact their ability to learn.[2] Schedule your child's yearly eye exam at the beginning of each school year.

Adults

Even if you have 20/20 vision, annual eye exams are important. VSP® network eye doctors can detect signs of more than 270 health conditions during your annual eye exam—including diabetes and high blood pressure, as well as eye conditions such as glaucoma and diabetic eye disease.[3]

Senior

Age-related macular degeneration (AMD) is the leading cause of vision loss and blindness among Americans aged 65 and older.[4] Many eye diseases, such as AMD, start with subtle symptoms. However, yearly eye exams can help prevent vision loss.

Don't Wait
until there's a vision issue to schedule an eye exam! Yearly eye exams can help you stay healthy at any age.

Visit **vsp.com/eye-doctor** or call **800.877.7195** (TTY: 711).

1. Eye Screening for Children, American Academy of Ophthalmology, July 10, 2024. **2.** Keeping children's vision in focus, American Optometric Association, August 18, 2022.
3. Full Picture of Eye Health, American Optometric Association, 2020. **4.** About Age-Related Macular Degeneration, Centers for Disease Control and Prevention, May 15, 2024.

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