



## What do your eyes say about you?

Eye exams are an important part of overall healthcare for your entire family, from children to grandparents, and everyone in between.

### **VSP® Vision Care takes the best care of you.**

You'll get the highest level of care, including a WellVision Exam®—the most thorough exam designed to detect eye and health conditions. Because we're the only national not-for-profit vision care company, you can trust that we'll put your wellness over profit. That means you can count on VSP to put you first and provide you with the best care, choice, and value in vision care.

Contact us.

Visit [vsp.com](http://vsp.com) for everything eyecare and eyewear, including exclusive savings for VSP members.

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Babies

About 80% of what we learn is through our eyes.

#### **Eye Exams**

- Six months
- Around two or three years old
- Before kindergarten



Children

Studies show that 60% of students identified with learning disabilities have undetected vision troubles.

#### **Eye Exams**

- Once a year



Adults

Even if you've had laser vision surgery or have naturally good eyesight, you still need an annual eye exam. Your VSP doctor can detect signs of health conditions during your exam.

#### **Eye Exams**

- Once a year



Seniors

As we age, we're more susceptible to cataracts, glaucoma, and macular degeneration. Detecting these conditions early can help keep your eyes healthy.

#### **Eye Exams**

- Once a year

# Take the mystery out of your eye exam.

A WellVision Exam performed by a VSP doctor, is designed to help detect health conditions like high blood pressure, diabetes, and high cholesterol—along with other eye and health issues.

Here are a few key elements you can expect during an eye exam.



## Provide your medical and eye history.

This will help your doctor evaluate your risk for vision problems, eye diseases, and other medical conditions.



## What's a Snellen Chart?

It's that chart with rows of letters in different sizes. It tests how well you can see far away. The smaller the letters you can read, the better your distance vision.



## Which is clearer? One or two?

Your VSP doctor shines a light into your eyes to check your vision and estimate your eyewear prescription. To fine-tune your prescription, your doctor places a series of lenses in front of your eyes and asks which helps you see more clearly.



## Cover the left, then the right.

This tests how well your eyes work together. You cover one eye and look at an object across the room. Your VSP doctor watches how far your uncovered eye moves to see the object.



## Expect a little puff of air.

The “puff test”—a common test for glaucoma—measures the fluid pressure inside your eyes. It takes just a quick puff of air in each eye. Your VSP doctor may also shine a special blue light in your eyes to test for this condition.



## Get the inside scoop.

Dilating drops enlarge your pupils for a better view inside your eyes to help detect signs of eye and health conditions. The drops may make your vision blurry and your eyes sensitive to light for several hours.



## See the big picture.

Your VSP doctor gets a magnified view of the front and inside of your eyes using a slit lamp, or biomicroscope. This helps detect signs of eye conditions, like cataracts, macular degeneration, and diabetic retinopathy.

**Trust your eyes to VSP.**

To find a VSP doctor, visit [vsp.com](http://vsp.com) or call us at **800.877.7195**.

