



Make a Date for Your Eyes: Your Annual Exam

Getting your eyes checked can help you be the vision of health.

You may think you need an eye exam only when it's time to update your eyewear prescription. But the truth is, eye exams are about a lot more than seeing whether you need a new pair of glasses or contacts. Comprehensive 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

Regular eye exams can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol.

Source: American Academy of Ophthalmology, "Frequency of Ocular Examinations," 2009.

During an eye exam, your doctor will check all aspects of your vision, including your eye's structure and how well the eyes work together. Based on the exam results, your doctor will recommend a solution that is right for your eye health and vision care needs. Annual eye exams enable your doctor to monitor the health of your eyes and track changes that can occur from year to year.² For example, subtle changes in the retina can be a warning sign of high blood pressure.³

So even if you don't need vision correction, it's important to take charge of your eye care. When you get your eyes checked every year, you're helping your eyes—and possibly your whole body—stay well.

1. American Academy of Ophthalmology, "Frequency of Ocular Examinations," 2009.
2. American Optometric Association, "Comprehensive Eye and Vision Examination," 2010.
3. Harvard Medical School, "Eye Exams, High Blood Pressure Symptoms & Diabetes Symptoms," 2005.

To learn more and to find an eye doctor in your area,
visit: www.eyesiteonwellness.com



These materials are designed to provide general information regarding health care topics, do not constitute professional advice nor establish any standard of care, and are provided without representations or warranties of any kind. Quotations, photos and videos are not from actual patients and your experience may be different. Your treating health care professionals are solely responsible for diagnosis, treatment and medical advice. The eye care professionals in your plan are independent practitioners who exercise independent professional judgment and over whom EyeMed has no control or right of control. They are not agents or employees of EyeMed. Eye care professionals do not take the place of your physician.

© 2013 EyeMed. All Rights Reserved.



Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed augue erat, auctor at blandit in, tempor eget lacus. Sed gravida tincidunt fringilla. Vivamus in nibh magna, vitae consequat eros. Nullam laoreet, lorem vitae pulvinar bibendum, nibh ligula pellentesque odio, non faucibus neque nunc viverra arcu. Pellentesque at elit eu nulla tempus faucibus a rutrum mi. Donec nec dictum lorem. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Aliquam erat volutpat. Vivamus blandit, libero eget imperdiet aliquet, turpis ipsum molestie mi, ac posuere quam massa eu arcu. Vivamus eleifend rhoncus convallis. Aliquam id tellus a purus viverra vehicula quis semper lectus.

Eye exams are simple and painless.

Cras vestibulum diam at sem gravida eget accumsan elit tincidunt. Praesent luctus porttitor porttitor. Quisque consequat lorem non eros tempor ac rutrum nisl feugiat. Nam id lacus erat, id varius tellus. Praesent eget elit lorem, at tristique lacus. In pulvinar elit quis dolor aliquam pretium. Integer fermentum ante et lacus rhoncus laoreet. Morbi sodales felis eu nisi hendrerit ac hendrerit diam convallis. Sed porta lectus ut leo scelerisque dapibus. Phasellus vitae dapibus turpis. Vivamus et varius nibh. Donec nec erat eget eros faucibus laoreet ut a augue. Etiam convallis, tellus et sodales pulvinar, tellus metus faucibus libero, et elementum neque sapien nec augue.

Annual eye exams enable your doctor to monitor the health of your eyes and track changes that can occur from year to year.

Now to the eye exam:

Quisque nec mauris eget tortor laoreet posuere ut vel velit. Donec sit amet tellus id nibh fermentum dignissim. Etiam tellus mauris, venenatis eleifend fringilla mattis, condimentum ac lorem. Aenean fringilla metus elementum leo sagittis hendrerit. Cras augue est, malesuada vitae tincidunt rutrum, commodo sed justo. Duis mattis consectetur urna at semper. Ut volutpat neque non felis congue imperdiet. Praesent sodales dui sit amet enim mollis condimentum. Etiam condimentum sem eget risus interdum sed pulvinar erat facilisis. Praesent nunc elit.

1. American Academy of Ophthalmology, "Frequency of Ocular Examinations," 2009.
2. American Optometric Association, "Comprehensive Eye and Vision Examination," 2010.
3. Harvard Medical School, "Eye Exams, High Blood Pressure Symptoms & Diabetes Symptoms," 2005.

To learn more and to find an eye doctor in your area,
visit: www.eyesiteonwellness.com



These materials are designed to provide general information regarding health care topics, do not constitute professional advice nor establish any standard of care, and are provided without representations or warranties of any kind. Quotations, photos and videos are not from actual patients and your experience may be different. Your treating health care professionals are solely responsible for diagnosis, treatment and medical advice. The eye care professionals in your plan are independent practitioners who exercise independent professional judgment and over whom EyeMed has no control or right of control. They are not agents or employees of EyeMed. Eye care professionals do not take the place of your physician.

© 2013 EyeMed. All Rights Reserved.

