

VSP® Vision care for life

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.

You can tell a lot about a person through their eyes. But did you know your eyes can also tell a VSP® Vision Care doctor a lot about you? A WellVision Exam® focuses on your eyes and overall wellness. Your VSP doctor can see if you have vision problems and signs of other health conditions, like diabetes, high blood pressure, and high cholesterol.

Your eyes say a lot about you.

VSP can help keep your eyes healthy. To find a VSP doctor near you, visit **vsp.com** or call us at **800.877.7195**.

Visit **vsp.com** for everything eyecare and eyewear—from articles and videos, to interactive games and more.

Questions? **vsp.com | 800.877.7195**









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 as problem learners have undetected vision troubles.

Eye Exams
- Once a year

Adults

Even if you've had laser vision surgery or have naturally good vision, 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.

VSP doctors take the time to get to know you and your eyes. They'll provide personalized eyecare that fits your individual needs.

Here are a few key elements you can expect in 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 eyecare 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.

Keep your eyes healthy and your vision clear.

To find a VSP doctor, visit **vsp.com** or call us at **800.877.7195**.

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CAT#00295 JOB#6833CM 9/11