HealthCheck360

Seeing the Bigger Picture: Eye Exams

When was the last time you had your eyes checked? Even if your vision seems fine, routine eye exams are an important part of protecting your overall health—not just your eyesight.

Why Eye Exams Are Important

More Than Just Vision
Eye exams can detect early signs of conditions like diabetes, high blood pressure, and glaucoma, often before symptoms appear.

Catch Issues Early
Subtle vision changes and eye conditions can develop over time. Regular exams help keep your vision clear and prevent problems from worsening.

Support Your Screen Time
If you spend hours on devices, an eye exam can help address digital eye strain, headaches, and fatigue with simple solutions.

When to Go
Most adults should schedule an eye exam every 1-2 years, or as recommended by their provider.

Managing diabetes? *Your eye exam matters even more. A specialized dilated exam helps catch hidden damage early and protect your vision long-term.*



Eye Heath at Every Age:

Eye exams are important throughout every stage of life:

- **Children & teens:** Support learning and development
- **Adults:** Maintain clear vision and catch early changes
- **Older Adults:** Monitor for age-related conditions

Take the First Step:

Healthy vision supports everything from work performance to daily safety and quality of life. Scheduling a routine eye exam is a simple step that can make a big difference.