

Your Vision Health

Vision health is often an afterthought. Regular eye exams and proper eyewear can protect your vision health and may help identify other overall health issues.



Protect your eyes at work and outside



1. Wear your sunglasses – Exposure to small amounts of ultraviolet (UV) radiation over a period of many years may increase the chance of developing cataracts, and may cause damage to the retina, which usually is not reversible.



2. Wear protective gear – Use safety glasses made of polycarbonate impact-resistant plastic to avoid eye injuries. Doctors also encourage anyone engaged in sports activities to wear protective eyewear.



3. Take frequent breaks – Let your eyes rest.



4. Adjust your workstation – Avoid computer vision syndrome by ensuring your computer workstation is properly positioned. Also adjust the brightness, contrast, and font size to suit your vision. And consider using a glare filter on your screen.

Configure your workstation

- center monitor
- arm's length away
- top of screen at eye level
- reduce brightness
- increase magnification

Follow the 20/20/20 Rule

- 20 minutes
- 20 seconds break
- 20 feet away

Time for a visit?

Regular visits to your optometrist are the best way to monitor your eye health and maintain good vision. Are you or a family member due for an eye exam?

Age	Exam Interval
Birth to 24 months	At 6 months of age
2 to 5 years	At 3 years of age
6 to 18 years	Before first grade and every two years thereafter
19 to 60 years	Every two years
61 and older	Annually

Source: American Optometric Association

Help your child succeed

Good vision is crucial for a child's scholastic success. Your child's ability to see learning tools such as the whiteboard, computer, visual aids and videos can greatly impact their performance in school.

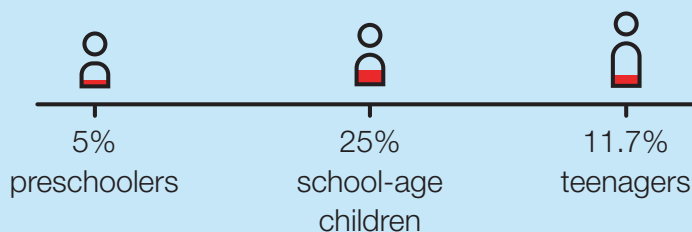
Children's vision health

Children need good vision to succeed



80% of what children learn during their first 12 years is through their eyes

Children with vision problems



Children may not know they have a vision problem because they think the way they see is normal

Visit ameritasinsight.com for additional vision articles, and explore a variety of other dental, vision and hearing wellness topics.

Sources: American Academy of Pediatrics, Prevent Blindness America, American Academy of Ophthalmology, American Optometric Association

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