



## Be 'in the know' before your eye exam

### The importance of an eye exam

Have you made time for a visit to an eye care professional this year? Good vision is more than just corrective eyewear (although 150 million Americans use corrective eyewear of some kind).<sup>1</sup> An estimated 80% of the information our brains receive comes through our eyes.<sup>2</sup> And a comprehensive eye exam can even help diagnose a number of health conditions early, including conditions like diabetes, cataracts, high blood pressure, high cholesterol, and macular degeneration.<sup>3</sup>

### Questions to ask your eye doctor

When visiting with any health professional, it never hurts to be prepared. Here are some questions to consider asking your eye doctor:



What is my visual acuity?  
(Example: 20/20 vision)



What are the best correction options for my eyes?



Should I have my eyes dilated?



Are there more cost-effective treatment options available?



Am I at risk of developing an eye disease?



Overall, how healthy are my eyes?

<sup>1</sup>American Optometric Association 2016.

<sup>2</sup>Concord Eyecare. <http://concordeyecare.com.au/concord-eye-care-services/behavioural-optometry/>. Accessed June 6, 2019.

<sup>3</sup><https://www2.versanthealth.com/medicaladvantagewhitepaper>. Accessed December 30, 2019.