



Vision Basics: A Routine Eye Exam

eye
Med

Let's start with a routine eye exam

Vision conditions and diseases that can be spotted with your EyeMed comprehensive exam:





- Myopia (nearsightedness)
- Hyperopia (farsightedness)
- Presbyopia
- Astigmatism
- Glaucoma
- Cataracts
- Diabetic retinopathy
- Macular degeneration

General health conditions that can also be detected:¹

- Diabetes
- High blood pressure
- High cholesterol
- And more

¹"20 Surprising Health Problems and Eye Exam Can Catch," <https://www.aaopt.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects>, 2020.

Eye care at every age

Babies and Toddlers ¹	School-age Children ²	Adults	Seniors
 <p>Babies should receive their first professional eye exam at 6 months</p>	 <p>80% of what children learn in school is presented visually²</p>	 <p>More than half of adults report experiencing symptoms of digital eye strain⁴</p>	 <p>Vision loss can be a contributor to loss of independence</p>
<p>Children should have at least 1 comprehensive eye exam between the ages of 3 and 5</p>	<p>61% of children found to have vision problems through school screenings never visit an eye doctor³</p>	<p>15% of Americans wear non-prescription reading glasses⁵</p>	<p>Serious eye conditions like macular degeneration, glaucoma and cataracts are most prevalent in seniors</p>

¹Recommendations from the American Optometric Association (AOA), <https://www.aoa.org/news/inside-optometry/aoa-news/championing-childrens-eye-care?sso=y>, 2019. ²"A Guide to Children's Vision Problems," All About Vision, https://www.allaboutvision.com/parents/child_vision.htm, 2019. ³School-aged Vision: 6 to 18 Years of Age, <https://www.aoa.org/healthy-eyes/eye-health-for-life/school-aged-vision?sso=y> ⁴"Digital Eye Strain," The Vision Council, 2018. ⁵"Types of Glasses That Do Not Require A Prescription," EyeQue, 2018.



Contact lens wearer?

Contact Lens Exam

The Contact Lens Exam is a separate evaluation to determine your contact prescription, size and type of contact best suited for you

- The contact lens exam is also known as a Contact Lens Fit & Follow-Up and they fall into two categories:

Standard

- Applies to A standard contact lens is defined as a clear, soft, spherical, daily wear contact lenses for single vision prescriptions
- Does not include extended/overnight wear for any prescription

Premium

- Applies to more complex needs
- Includes, but not limited to, toric (astigmatism), multifocal, monovision, post-surgical, gas permeable contact lenses and other non-standard contact lenses



Refractive errors and vision conditions 101

Myopia*

- Medical term for nearsightedness
- Condition where your eyes cannot clearly see objects at a distance
- Most common vision impairment in people younger than 40

Symptoms may include:

- Difficulty seeing distant objects
- Squinting, or partially closing the eyelids to see clearly
- Headaches caused by eyestrain

*This should not be considered medical advice. Please consult a doctor.

Confidential Notice: This document contains privileged information and is for the sole use of the intended recipient(s). Disclosure or distribution to and review or use by any unauthorized Luxottica EyeMed associate(s) and external parties is prohibited.



HEALTHY

ADVANCED

Hyperopia*

- Medical term for farsightedness
- Condition where your eyes cannot clearly see objects close up

Symptoms may include:

- Difficulty seeing close objects
- Squinting to see better
- Headaches after tasks that require you to focus on a nearby object

*This should not be considered medical advice. Please consult a doctor.

Confidential Notice: This document contains privileged information and is for the sole use of the intended recipient(s). Disclosure or distribution to and review or use by any unauthorized Luxottica EyeMed associate(s) and external parties is prohibited.



HEALTHY

ADVANCED

Presbyopia*

- Often described as fuzzy vision
- Among the most common eye impairments
- Naturally occurring age-related condition (afflicts everyone at some point, usually after age 40)

Symptoms may include:

- Trouble reading small print or reading in low light
- Trouble focusing on objects that are close

*This should not be considered medical advice. Please consult a doctor.

Confidential Notice: This document contains privileged information and is for the sole use of the intended recipient(s). Disclosure or distribution to and review or use by any unauthorized Luxottica EyeMed associate(s) and external parties is prohibited.



HEALTHY

ADVANCED

Astigmatism*

- An imperfection in the curvature of your eye's cornea or lens
- A condition that causes vision to be blurred at all distances
- Often accompanies myopia or hyperopia

Symptoms may include:

- Blurred vision
- Distorted vision
- Headaches
- Eyestrain
- Eye fatigue

*This should not be considered medical advice. Please consult a doctor.



Amblyopia*

- Often referred to as “lazy eye”
- A condition that typically develops during childhood when the vision in 1 eye is weaker than in the other

Symptoms may include:

- Noticeably favoring 1 eye
- Closing of 1 eye
- Squinting
- Headaches
- Eyestrain

*This should not be considered medical advice. Please consult a doctor.

