

Keep Your Eyes Healthy for Life



Yearly eye exams are important.



Babies and Toddlers



Catching vision issues early is crucial to ensuring healthy eye development. Infants will likely have vision screenings at their pediatrician appointments. If their pediatrician notices anything of concern, they will refer you to an eye doctor for additional care. If everything looks good, children should receive their first full eye exam at three years old.¹

Children



More than one in four school-age children have some form of a vision problem and this can impact their ability to learn.² Schedule your child's yearly eye exam at the beginning of each school year.

Adults



More than 12 million Americans over the age of 40 have some form of vision impairment.³ Even if you have 20/20 vision, annual eye exams are important. VSP network eye doctors can detect signs of more than 270 health conditions during your annual eye exam—including diabetes and high blood pressure, as well as eye conditions such as glaucoma and diabetic eye disease.⁴

Senior



Age-related macular degeneration is the leading cause of vision loss and blindness among Americans aged 65 and older.⁵ Many of these eye diseases start with subtle symptoms. However, yearly eye exams can help prevent vision loss.



Visit [vsp.com/eye-doctor](https://www.vsp.com/eye-doctor) or call **800.877.7195** (TTY: 711).

1. Eye Screening for Children, American Optometric Association, July 10, 2024. 2. Keeping children's vision in focus, American Optometric Association, August 18, 2022. 3. Fast Facts: Vision Loss, Centers for Disease Control and Prevention, May 1, 2024. 4. Full Picture of Eye Health, American Optometric Association, 2020. 5. About Age-Related Macular Degeneration, Centers for Disease Control and Prevention, May 15, 2024.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on [vsp.com](https://www.vsp.com).

©2025 Vision Service Plan. All rights reserved. VSP is a registered trademark of Vision Service Plan. All other brands or marks are the property of their respective owners. 137257 VCCM