



# The Importance of Regular Eye Examinations

Here are some guidelines to follow for eye health

## Children 5 Years and Younger

Some factors may put your child at increased risk for eye disease. If any of these factors apply to your child, check with your eye doctor to see how often you should have a medical eye exam:

- Developmental delay
- Premature birth
- Personal or family history of eye disease
- Previous serious eye injury
- Use of certain medications (check with your eye doctor)
- Some diseases that affect the whole body (such as diabetes or HIV infection)

Children 5 Years and Younger  
Screening for eye disease should be conducted at:



## School-Age Children and Adolescents

Have your child's vision checked before he or she enters first grade. If your child has no symptoms of vision problems and don't have a family history of vision problems, have your child's vision rechecked every two years. Talk to your child's eye doctor about what checkup schedule is best for your child.

## Adults 20 Years and older:

If you don't wear glasses or contacts, have no symptoms of eye trouble, don't have a family history of eye disease and you don't have a chronic disease, such as diabetes, that puts you at risk of eye disease, have an eye exam at the following intervals:

- Ages 20-29:** one examination
- Ages 30-39:** two examinations
- Ages 40-65:** examination every 2-4 years
- Ages 65 plus:** examination every 1-2 years

If you do wear glasses or contacts, you'll need to have your eyes checked yearly. And if you notice any problems with your vision, schedule an appointment with your eye doctor as soon as possible. Blurred vision, for example, may suggest you need a prescription change. A sudden increase in the number of floaters (dark circles darting through your vision) could suggest vision-threatening changes to your retina.



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