

The Great American Eye Test

Take this simple **yes or no** test to find out if you or someone in your family should have an eye examination. If you answer “yes” to more than one question, or you have not seen your optometrist in over a year, it’s probably time to schedule an appointment. Unique eye and vision conditions exist for seniors, baby boomers, women, and children. This test serves as a quick overview for all populations.

Do you experience:

	Yes	No
Difficulty reading small print, sewing or doing crafts	<input type="checkbox"/>	<input type="checkbox"/>
Headaches or have tired, burning eyes after reading or working on a computer	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty seeing at night or seeing street signs while driving	<input type="checkbox"/>	<input type="checkbox"/>
Irritated, dry, red or sensitive eyes	<input type="checkbox"/>	<input type="checkbox"/>
Spots, flashes of light, or floaters in your field of vision	<input type="checkbox"/>	<input type="checkbox"/>

Do you:

Have diabetes	<input type="checkbox"/>	<input type="checkbox"/>
Have a family history of glaucoma	<input type="checkbox"/>	<input type="checkbox"/>
Attend school and have difficulty in reading or learning (or have a child who does?)	<input type="checkbox"/>	<input type="checkbox"/>
Have a family history of lazy eye, weak vision, or eye disease	<input type="checkbox"/>	<input type="checkbox"/>
Handle chemicals, use power tools, or engage in sports that may be hazardous to your eyes	<input type="checkbox"/>	<input type="checkbox"/>

Even if you answered “no” to these questions, keep in mind that symptoms of eye disease and vision problems are not always apparent. Eye exams by a doctor of optometry can help you be certain that your eyes are healthy and functioning properly.

The American Optometric Association recommends that you visit the optometrist on a schedule depending on your age. You should seek eye care more frequently if new ocular, visual, or systemic health problems develop. Persons with additional risk factors should also be examined more frequently.

AGE GROUP	FREQUENCY
Infants and Children	By 6 months of age; at 3 years of age, before starting first grade, and every 2 years thereafter
18 years – 40 years	Every 2 – 3 years
41 years – 60 years	Every 2 years
61 years and older	Every year

The information above is from the American Optometric Association, www.aoa.org.

Dial 211 or 800-427-4626 - United Way Information & Referral

for critical health and human services, everyday needs and in time of crisis. 24-hour, seven-day-a-week availability. When appropriate, 2-1-1 specialists can connect callers directly with a service provider, eliminating the need to make another telephone call.