

# Eye & Vision Care Facts

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## Kid's Eye Exams - Don't Wait For Problems to Start!

**A comprehensive eye examination with an eye care professional is the best way to screen for vision problems affecting learning.**

In addition to routine eye examinations, parents should bring kids in for an exam if any of the following happens or is noticed:

- Complaints about near or distance vision.
- Poor reading ability or headaches at school.
- Double or blurring reading vision.
- Eyes turning out or in (crossing).
- Injury to or near the eyes.
- Family history of eye disease or poor vision.

**All children under 18 with health insurance have vision coverage.** Vision is considered an essential health benefit for every child, and this includes coverage for eye exams and glasses, if needed.

### Components of a Pediatric Comprehensive Eye Exam:

- Review of History
- Visual Acuity
- Pupil Evaluation
- Eye Movements
- Alignment of Eyes
- Depth Perception
- Color Vision
- Intraocular Pressure
- Visual Field Testing
- Refraction
- External Eye Health
- Internal Eye Health

The eye care specialist will then discuss the results of the exam and recommend a plan of action to address any concerns.

### What to Bring:

- Insurance card(s)
- List of medications
- Any previous glasses or glasses prescriptions
- Pediatrician's contact information
- A small favorite toy to pay attention to
- Snacks and water

All patients under 18 should be accompanied by a parent or legal guardian.

Remember that a child's first eye exam may take some extra time!

### Getting ready for your child's eye exam.

If this is your child's first eye exam, it is a good idea to talk to them about what to expect at the eye doctor before their appointment. Let them know that they will be looking at letters, numbers, and pictures for the doctor to see how well their eyes work, and that the doctor uses some bright lights to see outside and inside their eyes.

### Does my child need to get her/his eyes dilated?

For the most thorough evaluation of the eyes, it is recommended that most patients get dilation drops as part of their eye exam. Dilation allows for a much better view of the structures of the eye and relaxes the eye's focusing muscles for better understanding of the most appropriate glasses prescription.

**Regular eye exams set your child up for a lifetime of healthy vision!**  
For more questions, contact your pediatrician or eye care professional.