

August is National Eye Exam Month

Here's something to think about—**over 70% of the country's workforce** requires some form of vision correction. That means there's a good chance that you may need some sort of vision correction during your lifetime. If you're one of those people who can hardly remember the last eye exam they had, then let this August be the month that you get back on track.



There's a reason we have a whole month devoted to eye exams. Getting a regular eye exam is the best way to ensure that you'll catch problems early, use the right prescription lenses, and generally keep your eyes in great shape. Even if you think all is well, an eye exam is something you really shouldn't be putting off.

Many problems with your eyes can go undetected for a while. You may think that your vision is pretty good, so that means there isn't a problem. This isn't necessarily true, though. Many times, only a dilated eye exam by your eye doctor can uncover eye diseases in their earliest stages. And it's in those early stages when many diseases are at their most treatable. Waiting until there's a noticeable problem can potentially make it harder to treat.

TAKE THE EXAM

There is no reason to put off something this important. An eye exam usually takes about 20-30 minutes.

ENCOURAGE OTHERS

So many of us take the laissez-faire approach to something like sight by simply adopting the "if it ain't broke" philosophy. Urge your loved ones to brave the doctor's office and ensure their healthy vision.

GET THE RIGHT PERScription

Your eyes change over time. Adjusting your prescription may be necessary to reduce eyestrain, optimize performance, and make your vision as clear as can be.



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