

# Eye Exams

An eye exam checks for issues like cataracts, glaucoma, and retinal problems, as well as signs of conditions like high blood pressure, diabetes, and heart disease.

Eye exams include more than just testing your vision and prescription. They involve a series of tests to assess your overall eye health.

## PERCEPTION VS REALITY OF EYE EXAMS



Visual Acuity and Refraction  
(Corrective Lens Prescription)



Medical & Case History



Tonometry & Diagnostic Imaging



Visual Fields



Binocular Vision Efficiency



Anterior Segment Assessment



Posterior Segment Assessment



Analysis & Treatment



# When to Have an Eye Exam?

## BABIES

First exam between *6–9 months*.

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## TODDLERS & PRESCHOOLERS

At least one eye exam between the *ages of 2–5*.

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## KINDERGARTEN

One eye exam when they *begin kindergarten*<sup>1</sup>.

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## SCHOOL YEARS

Every year until they *turn 19*.

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## ADULTS

*At least every two years*.

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## SENIORS

Every year *65+*.



*The Alberta Health Care Insurance Plan (AHCIP) provides partial coverage towards eye exams for children 18 years old and younger and seniors 65 years and older.*

<sup>1</sup>*Learn about the Eye See...Eye Learn™ program at [optometrists.ab.ca/ESEL](https://optometrists.ab.ca/ESEL). If your kindergarten-aged child requires prescription eyeglasses, they will be provided free of charge by a participating optometrist.*