

Did You Know?

Vision and eye health problems are the second most prevalent health problem in the U.S., affecting more than 120 million people.

Facts About Vision, www.avesis.com, viewed February 2010



Routine Eye Exams Are Important

Healthy eyes are so important to your overall health and well-being — and even to living an independent lifestyle. That's why keeping up with eye exams and having a physician monitor for eye disease should be a priority for both children and adults. The American Optometric Association (www.aoa.org) recommends the following schedule and tips to help maintain your family's vision.

Age	Examination Interval	
	Risk-Free	At-Risk
0–2	By 6 months of age	By 6 months of age
2–15	At 3 years of age	At 3 years of age
6–18	Before 1st Grade, then every 2 years	Every year
18–40	Every 2–5 years	Every 1–2 years
41–60	Every 2 years	Every 1–2 years
61+	Every year	Every year

Safeguard Your Precious Eyesight

- When working on a computer, take a 20-second break every 20 minutes and look at something at least 20 feet away.
- If you wear glasses, use anti-reflective lenses.
- If you wear contact lenses, follow the manufacturer's recommendations for cleaning and how long to wear them.
- Wear sunglasses when you're outside any time of year, and especially when on or near the water — wraparound style with at least 99-percent UV absorption are the best.

Richard's Story: Regular Eye Exams Helped Spot Potential Problems Early¹

Because Richard took advantage of the vision benefits offered by his employer, he was pretty good about scheduling regular eye exams, especially after he reached his forties and needed eyeglasses. It was during one of his annual check-ups that his doctor noticed a change in Richard's eyes, and they discussed Richard's family history of glaucoma. Throughout the next two years, Richard's physician continued to monitor him and eventually diagnosed him with the disease. Fortunately, because of his early diagnosis, Richard was able to control his glaucoma with medicine and preserve his eyesight during his working years and into retirement.

For more information, visit
americangeneral.com/employeebenefits.

American General Life Companies

American General Life Companies, americangeneral.com, is the marketing name for the insurance companies and affiliates comprising the domestic life operations of American International Group, Inc.

© 2010. All rights reserved.

06675006-1840 R03/10

¹ For illustration purposes only.