

**eyewise**

SAVE YOUR SIGHT.  
SEE AN OPTOMETRIST.

[GetEyeWise.com](http://GetEyeWise.com)



# GET EYEWISE:

## Get a regular eye examination

Eye disease isn't always accompanied by recognizable symptoms. Waiting for them to appear can put your vision at risk, which is why a regular eye exam is an important part of overall health.

The Canadian Association of Optometrists (CAO) developed evidence-based guidelines to help you determine the need for a comprehensive eye examination by a qualified Optometrist, your primary eye health professional.

### EYE EXAMINATION FREQUENCY GUIDELINES



**Infants and Toddlers**  
(Birth to 24 months)

First eye examination between the ages of 6 and 9 months



**Preschool Children**  
(2 to 5 years)

At least one eye examination between the ages of 2 and 5 years



**School Age Children**  
(6 to 19 years)

Annually



**Adults**  
(20 to 39 years)

Every two to three years



**Adults**  
(40 to 64 years)

Every two years



**Adults**  
(65 years or older)

Annually



CANADIAN ASSOCIATION OF OPTOMETRISTS  
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

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