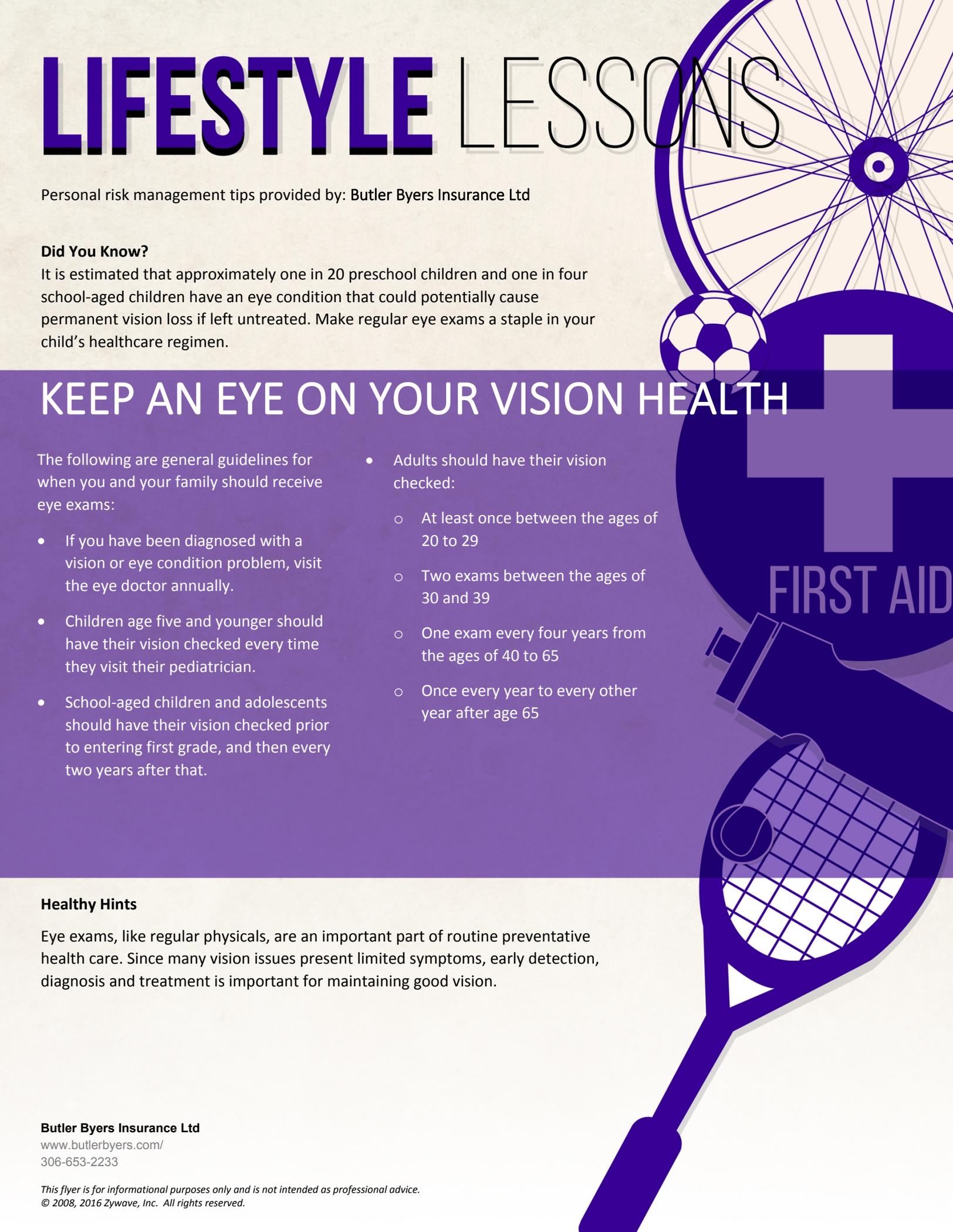


LIFESTYLE LESSONS



Personal risk management tips provided by: Butler Byers Insurance Ltd

Did You Know?

It is estimated that approximately one in 20 preschool children and one in four school-aged children have an eye condition that could potentially cause permanent vision loss if left untreated. Make regular eye exams a staple in your child's healthcare regimen.

KEEP AN EYE ON YOUR VISION HEALTH

The following are general guidelines for when you and your family should receive eye exams:

- If you have been diagnosed with a vision or eye condition problem, visit the eye doctor annually.
- Children age five and younger should have their vision checked every time they visit their pediatrician.
- School-aged children and adolescents should have their vision checked prior to entering first grade, and then every two years after that.
- Adults should have their vision checked:
 - At least once between the ages of 20 to 29
 - Two exams between the ages of 30 and 39
 - One exam every four years from the ages of 40 to 65
 - Once every year to every other year after age 65

Healthy Hints

Eye exams, like regular physicals, are an important part of routine preventative health care. Since many vision issues present limited symptoms, early detection, diagnosis and treatment is important for maintaining good vision.

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