



## What you should know

# Did you know that 80% of what kids learn in school is learned visually?

As a parent, you can help make sure your child has what they need to learn. Children learn through their eyes. Help them be at their best by making vision care part of their overall care.

Regular eye exams, not just screenings, are a key part of your child's overall well childcare. When vision problems go undiagnosed they can affect performance in school and sports. Learning or behavioral problems could be vision problems in disguise.

A routine eye exam for your child can find vision problems. The need for vision correction can be found and treated with eyeglasses or contact lenses. More serious problems can also be found early and treatment plans started. Experts suggest an eye exam by age one. This is to rule out serious problems such as lazy eye (amblyopia) or crossed eyes (strabismus). These exams can also find eye cancers that present early in life. Without therapy, these problems can get in the way of your child's vision development and overall health.

### Quick fact:

A school's or pediatrician's vision screening does not look for the same problems that a comprehensive eye exam does.

Many eye conditions are inherited. Tell your eye doctor about any family members with eye problems.

Your child's medical history is also important. Any complications during your pregnancy or the birth should be noted. They could result in vision problems later for your child. Premature birth and low birth weight also have been linked to eye illness and vision challenges.

Talk with your child's eye doctor about any medical problems, including allergies. Bring a list of all current medicines since they may affect your child's eyes.

Make an appointment for all your kids. An eye exam can be part of your back to school routine. With your child's eye doctor, you can make sure your child is bright-eyed and ready for school.

### Look for these potential signs of vision problems in your child:

- > Loses place while reading
- > Holds reading material closer than normal
- > Avoids close work
- > Tends to rub eyes
- > Turns or tilts head
- > Has headaches
- > Makes frequent reversals when reading or writing
- > Uses finger to keep their place when reading
- > Leaves out or confuses small words when reading
- > Consistently performs below potential
- > Squints while reading or watching television

An annual eye exam can be part of the back to school checklist for your child.

With your child's eye doctor, you can make sure they are prepared to learn.



Source: <http://www.aoa.org/childrens-vision.xml>

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