



5 things you need to do before your next eye exam

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Let's face the facts: our to-do lists are long enough and adding 5 more things sounds like a recipe for insanity. Not to worry. This list is one you'll likely use only once a year! It will actually make your life easier when it comes time for your eye exam. So, keep breathing, keep calm, and read on!

1) Check your benefits

Since our members are our focus, we make it easy for you to access your benefits. You can find out what bells and whistles are covered under your plan by visiting [vsp.com \(https://www.vsp.com/\)](https://www.vsp.com/). And while you're there, check out our [doctor locator \(https://www.vsp.com/find-eye-doctors.html?id=choice&wt.mc_id=en_FAD_navbar\)](https://www.vsp.com/find-eye-doctors.html?id=choice&wt.mc_id=en_FAD_navbar) to find the best doctor for you.

2) Make your eyes a priority

VSP doctors have the highest credentials in vision care, so you can trust that you'll get the best care and choices in eyewear. Schedule an appointment today for your comprehensive eye exam—you'll be glad you did!

When you're penciling (or smartphone-ing) in your annual eye exam, be sure you allow some extra time for the fun stuff—picking out frames!

3) Document your questions

Has your vision changed somehow? Are your eyes drier than they used to be? Have you noticed that driving at night has become more difficult? Document it!

Communicating with your VSP doctor about issues like this is an essential part of keeping your eyes healthy. Remember, you can (and should) always phone up your doctor between exams if you notice anything unusual that is worrying you.

4) **Bring your family history**

Let your eye doctor know if you have a family history of diabetes, hypertension, or high cholesterol.

You might be surprised to learn that an eye doctor can see signs of conditions like these just by looking at your eyes. In fact, VSP doctors often detect them before other healthcare providers. (We knew our doctors were awesome!)

5) **Make a wish list**

Since you've already checked your benefits (re: #1 above), now you're ready for some fun! Take a look through magazines or on your favorite style sites and put together a wish list of style must-haves and bring this to your appointment. Talk with the office staff about which ones they offer and what comparable styles they carry to find the best frame for your face!

Don't have a VSP doctor? [Find one \(https://www.vsp.com/find-eye-doctors.html?id=choice&wt.mc_id=en_FAD_navbar\)](https://www.vsp.com/find-eye-doctors.html?id=choice&wt.mc_id=en_FAD_navbar) that's perfect for you!

The content of this article is for general informational awareness purposes only. Please consult your eye care doctor or physician for actual advice

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