Ninety-one percent of Americans feel that the health of their eyes is as important as the health of their heart or lungs. However, many don’t realize that your eyes act as windows to overall health and regular eye exams can reveal chronic health issues such as diabetes and high blood pressure. The American Optometric Association (AOA) encourage patients everywhere to see their local doctor of optometry to receive a twelve-step comprehensive eye exam, the gold standard of care. As you schedule your regular appointment, keep in mind the following facts about eye care.

**SAY YES TO COMPREHENSIVE EYE EXAMS**

Americans are 2.3x more likely to worry about losing their vision than they are the next highest worry: losing their memory.

Doctors of optometry provide 2/3 of America’s eye care.

In addition to evaluating your eyes for your glasses or contact lens prescription, a doctor of optometry will conduct a comprehensive eye exam to check for vision issues and eye disease, chronic health problems (like diabetes) and the standing of your overall eye health.

2 in 3 believe it is important to schedule a regular or yearly appointment with their eye doctor.

**MAKE EYE HEALTH A PRIORITY**
YOU CAN'T PUT A PRICE ON EYE HEALTH

4 in 5 Americans take care of their eye health, even if it means spending money.

2 in 3 believe it is important to schedule a regular or yearly appointment with their eye doctor.

2 out of 3 Americans (67%) would pay out-of-pocket for annual visits to their eye health professional.

3 in 4 don’t believe that their lifestyle prohibits them from taking good care of their eyes.

92% of surveyed Americans would prefer getting a comprehensive eye exam that is guaranteed to be accurate over the alleged affordability of online/mobile vision apps.

86% of respondents prefer face-to-face interactions with their health care providers over home tests without the involvement of an HCP.

55% of Americans question online apps’ reliability and 53% question their accuracy.

96% of respondents agree that eye doctors are trusted providers of both contact lenses and information on contact lens safety, while only half trust online retailers for either.

The statistics cited were pulled from the American Optometric Association’s 2016 Eye-Q Survey®.

The American Optometric Association commissioned an online survey among a nationally-representative sample of n=1000 U.S. adults ages 18+. The margin of error for this sample is +/- 3.1% at the 95% confidence level. The survey was fielded between September 22 and September 28, 2016.