

Take the mystery out of your eye exam.

A WellVision Exam performed by a VSP doctor, is designed to help detect health conditions like high blood pressure, diabetes, and high cholesterol—along with other eye and health issues.

Here are a few key elements you can expect during an eye exam.



Provide your medical and eye history.

This will help your doctor evaluate your risk for vision problems, eye diseases, and other medical conditions.



What's a Snellen Chart?

It's that chart with rows of letters in different sizes. It tests how well you can see far away. The smaller the letters you can read, the better your distance vision.



Which is clearer? One or two?

Your VSP doctor shines a light into your eyes to check your vision and estimate your eyewear prescription. To fine-tune your prescription, your doctor places a series of lenses in front of your eyes and asks which helps you see more clearly.



Cover the left, then the right.

This tests how well your eyes work together. You cover one eye and look at an object across the room. Your VSP doctor watches how far your uncovered eye moves to see the object.



Expect a little puff of air.

The “puff test”—a common test for glaucoma—measures the fluid pressure inside your eyes. It takes just a quick puff of air in each eye. Your VSP doctor may also shine a special blue light in your eyes to test for this condition.



Get the inside scoop.

Dilating drops enlarge your pupils for a better view inside your eyes to help detect signs of eye and health conditions. The drops may make your vision blurry and your eyes sensitive to light for several hours.



See the big picture.

Your VSP doctor gets a magnified view of the front and inside of your eyes using a slit lamp, or biomicroscope. This helps detect signs of eye conditions, like cataracts, macular degeneration, and diabetic retinopathy.

Trust your eyes to VSP.

To find a VSP doctor, visit vsp.com or call us at **800.877.7195**.

