

Protect your children's eyes

Make sure they get checked regularly

All parents want to keep their children safe and healthy, but many may not realize the impact that eyesight can have on how their child develops and their overall health. Children who have trouble with their vision may not feel well and may not do as well in school. An average of one in four children has vision problems they don't know about that can get in the way of reading and learning.¹ So it's vital that their vision plan offer access to the highest-quality complete vision care and eyewear choices to help improve and protect their sight.

Children's eye health needs

The average child gets three times more exposure to the sun's harmful ultraviolet (UV) rays than an adult does.¹ Glare can cause eyestrain and tired eyes, and research shows that long-term exposure to UV rays can cause eye diseases. It's important to protect kids' eyes from the sun to keep them healthy.

Some of the most common vision problems in children can be missed during the eye tests given in schools.¹ These include eye coordination, lazy eye and farsightedness. Being farsighted, means it's easier to see things far away than close up. Being nearsighted, or seeing things close up, is not even checked during eye tests at school. Near vision is important for reading books and seeing computer screens clearly.

Most eye injuries among kids' ages 11 to 14 happen while playing sports.² The good news is that 90% of them could be avoided with proper safety.



Protecting children from eye injuries

Think about getting protective eyewear for your kids to wear during sports. Everyday glasses do not count. No matter if they wear glasses or contacts children also need a pair of safety glasses, goggles, safety shields or eye guards.

Impact-resistant lenses can help protect children's eyes during everyday activities or sports. Lenses that are made from a material called polycarbonate have the highest level of protection because they can withstand a ball or other objects traveling at high speeds.² A helmet with a face guard can help protect the head and face during sports.

Benefits of Transitions[®] lenses – helping protect children from UV and glare

- Transitions lenses are as clear as regular glasses indoors, but turn dark like sunglasses outdoors.
- They block 100% of UVA and UVB rays.
- They help lower glare and make the eyes feel better.
- They come in a wide choice of impact-resistant lens materials and anti-reflective (AR) coatings for the lenses to help with glare.

Want to learn more?

For more information on eye health and how to help keep your vision healthy, go to [anthem.com/eyehealth](https://www.anthem.com/eyehealth).

1 Transitions Optical, Inc. Eye Didn't Know That! website: For Parents (accessed May 2015): [eyedidntknowthat.info/for-parents](https://www.eyedidntknowthat.info/for-parents).

2 Transitions Optical, Inc. Eye Didn't Know That! website: Family Fun (accessed May 2015): [eyedidntknowthat.info/for-parents/family-activities](https://www.eyedidntknowthat.info/for-parents/family-activities).