

# EYE EXAM FREQUENCY



## Birth to 2 years

Children should have their first eye exam **between 6 and 12 months**.



## 2 to 5 years

A second eye exam is important **between 3 and 5 years**.



## 6 to 18 years

Beginning in first grade, children should have **yearly exams**.



## 19 to 64 years

Adults should have a comprehensive eye exam **every 1-2 years**.



## 65+ years

Seniors age 65 and older should have **annual eye exams**.



Notes:

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# January

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Dr. Martin Luther King Jr Day	17	18	19	20	21
22 Lunar New Year Year of the Rabbit	23	24	25	26	27	28
29	30	31				

## **Health Tip: Know Your Blood Type**

There are eight main blood types: A+, A-, B+, B-, O+, O-, AB+ or AB-. Knowing your blood type can be crucial in a medical emergency, but it can also offer some interesting insight into your health.