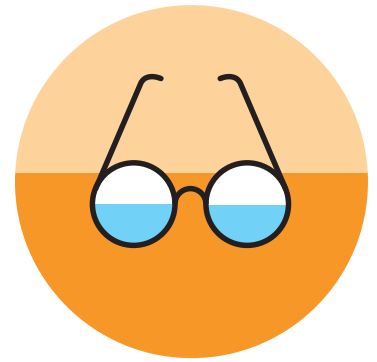




Take Care of Your Vision



The Standard's[‡] tips for protecting your eyes

It can be easy to forget to take care of your eyes. But that wouldn't be smart. Getting your eyes checked regularly can help your doctor spot other health issues, like diabetes or high blood pressure. Here are other ways to protect your vision:

Easy Ways to Protect Your Eyes

- **Wear sunglasses.** UV, or ultraviolet, light from the sun can increase your chance of getting cataracts or damaging your retinas. Sunglasses can help limit your exposure.
- **Wear safety glasses.** Use impact-resistant protective eyewear to avoid eye injuries when you're doing physical work or playing sports.
- **Take screen breaks often.** Screens can be a big part of our daily lives, but they can also lead to vision problems. Looking away for just 20 seconds can help give your eyes some needed rest.
- **Adjust your workspace.** Try these easy computer adjustments to help avoid screen-related eyestrain:
 - Center your monitor and place it an arm's length away.
 - Keep the top of your screen at eye level.
 - Reduce your screen brightness and increase the zoom.

Good Vision Helps Your Child Succeed in School

It's hard to learn when it's hard to see. Many kids may not know that they have poor eyesight, even when they have trouble seeing the front of the classroom. Regular eye exams can find vision problems and identify solutions to help your child succeed in school.

How Often Should You See the Optometrist?

Regular eye exams are the best way to keep your eyes healthy. Use this chart to see how often you and your family should see an optometrist.

Age	Exam Frequency
0–2 years	At 6 months old
2–5 years	At 3 years old
6–18 years	Every two years, starting in first grade
19–60 years	Every two years
61 and older	Once a year

[‡] The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of 1100 SW Sixth Avenue of Portland, Oregon, in all states except New York, where insurance products are offered by The Standard Life Insurance Company of New York of 333 Westchester Avenue, West Building, Suite 300, White Plains, New York. Product features and availability vary by state and company, and are solely the responsibility of each subsidiary. Each company is solely responsible for its own financial condition. Standard Insurance Company is licensed to solicit insurance business in all states except New York. The Standard Life Insurance Company of New York is licensed to solicit insurance business in only the state of New York.