

FAMILY EYE EXAM CHECKLIST

Getting ready for your family's eye doctor visit? Use this checklist to make sure nothing gets missed — for your kids and for you.

BEFORE YOU GO

- ☐ Bring current glasses or contacts
- ☐ Note any vision symptoms you've noticed at home
- ☐ Write down any family history of eye conditions (nearsightedness, color blindness, glaucoma, etc.)
- ☐ List current medications
- ☐ Jot down your questions ahead of time so nothing gets forgotten

For Kids

ASK THE DOCTOR

- ☐ Is my child's vision on track for their age?
- ☐ Do they need glasses or contacts? If not now, when should we check again?
- ☐ How much screen time is okay, and what are the signs of digital eye strain or dry eye?
- ☐ What can we do to help prevent myopia (nearsightedness) from developing or getting worse?
- ☐ How do we keep their eyes protected from UV rays?

MENTION TO THE DOCTOR

- ☐ Instances of squinting, sitting close to the TV, or holding books close
- ☐ Trouble reading the board or screens at school
- ☐ Headaches, tired eyes, dry eyes, or blurry vision
- ☐ Changes in grades or classroom engagement
- ☐ Daily screen time and outdoor time, including sports
- ☐ Any fit or comfort issues with current glasses/contacts

For Adults

ASK THE DOCTOR

- ☐ Is my prescription up to date?
- ☐ Am I due for any screenings based on my age or family history (cataracts, glaucoma, macular degeneration)?
- ☐ Any recommendations for reducing digital eye strain or dry eye?
- ☐ Should I consider a backup pair of glasses or a different lens treatment?
- ☐ When should I schedule my next exam?

MENTION TO THE DOCTOR

- ☐ Eye strain, dry eye, headaches, or blurry vision from screen use
- ☐ Any recent changes in vision
- ☐ Any hobbies or sports that may require specialized eyewear
- ☐ Eye injuries, redness, or unusual symptoms since the last visit
- ☐ Difficulty with night driving or glare

AFTER THE VISIT

- ☐ Confirm next steps (new prescription, follow-up date, referral if needed)
- ☐ Set a reminder for the next recommended exam — for the entire family
- ☐ Ask about backup pairs or durable options if new glasses are prescribed



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