

Vision Check: Spot the Difference!

Look at the two images below. Can you spot the five differences?



Be Part of the Vision

Take the “See What Matters” Challenge!

What’s the most important thing you see every day?

- A loved one’s smile?
- A beautiful sunrise?
- The words on a favorite book page?

Snap a picture of what matters most to you and share it with us! Use **#SeeWhatMatters** and tag **@thevisioncouncil** to be featured in our campaign.



Don’t Wait—Prioritize Your Vision Today!

Set a reminder to schedule your next eye exam:



Join the Movement:
Share your story using
#SeeWhatMatters



SEE WHAT MATTERS

Your Vision. Your Future.

Your eyes do more than just help you see—they connect you to the world and your future. Regular eye exams not only help prevent vision loss but also detect early health issues, ensuring you stay engaged in life’s most important moments.

Take Action for Your Eye Health

For Kids & Parents

- Vision is key to learning! Watch for signs like squinting, headaches, or difficulty reading.
- **Make eye exams a family habit**—schedule yours alongside your kids.
- **Encourage outdoor play** and breaks from screens to protect developing eyes.
- Help your child choose eyewear they love, whether it's glasses or contacts that fit their style.

For Adults

- Eye strain from screens? **Follow the 20-20-20 rule**: every 20 minutes, take a 20-second break and focus on something 20 feet away.
- **Ensure your prescription is up to date** and consider different lens treatments to protect your eyes.
- Keep a back-up pair of prescription or reading glasses to ensure you can see your best in any situation.

For Seniors

- Early detection of cataracts, macular degeneration, and glaucoma can prevent vision loss.
- **Get regular eye exams** to maintain healthy vision.

Don't Forget UV Protection!

Kids and adults should wear sunglasses or variable tint lenses when outside to prevent long-term damage from the sun's rays. Prescription sunglasses with UV protection are a great option for both vision correction and sun protection. Check for a label that states 100% UV protection or UV 380 to ensure maximum protection.



Join in celebrating **National Sunglasses Day** each year on June 27 by wearing sunglasses when spending time outdoors and help spread the word about UV safety and the importance of protecting your eyes.



Explore Careers in Eye Health

The optical industry offers exciting, growing career opportunities that truly make a difference:



OPHTHALMOLOGIST

Perform advanced eyecare and surgery. Requires medical school and residency.



OPTOMETRIST

Diagnose and treat vision issues. Requires a four-year Doctor of Optometry (OD) degree.



OPTICIAN

Fit and dispense prescription eyewear and contact lenses. A two-year associate degree is available.



OPHTHALMIC TECHNICIANS

Assist eyecare doctors in performing pre-testing functions and other related tasks during an eye exam.



MANUFACTURING & RESEARCH

Work in lens and eyewear design, prescription lens and frame manufacturing, or vision technologies.



LOW VISION SPECIALIST

Help individuals with vision loss live independently.

Visit thevisioncouncilfoundation.org to learn more about career paths, education programs, and scholarships.