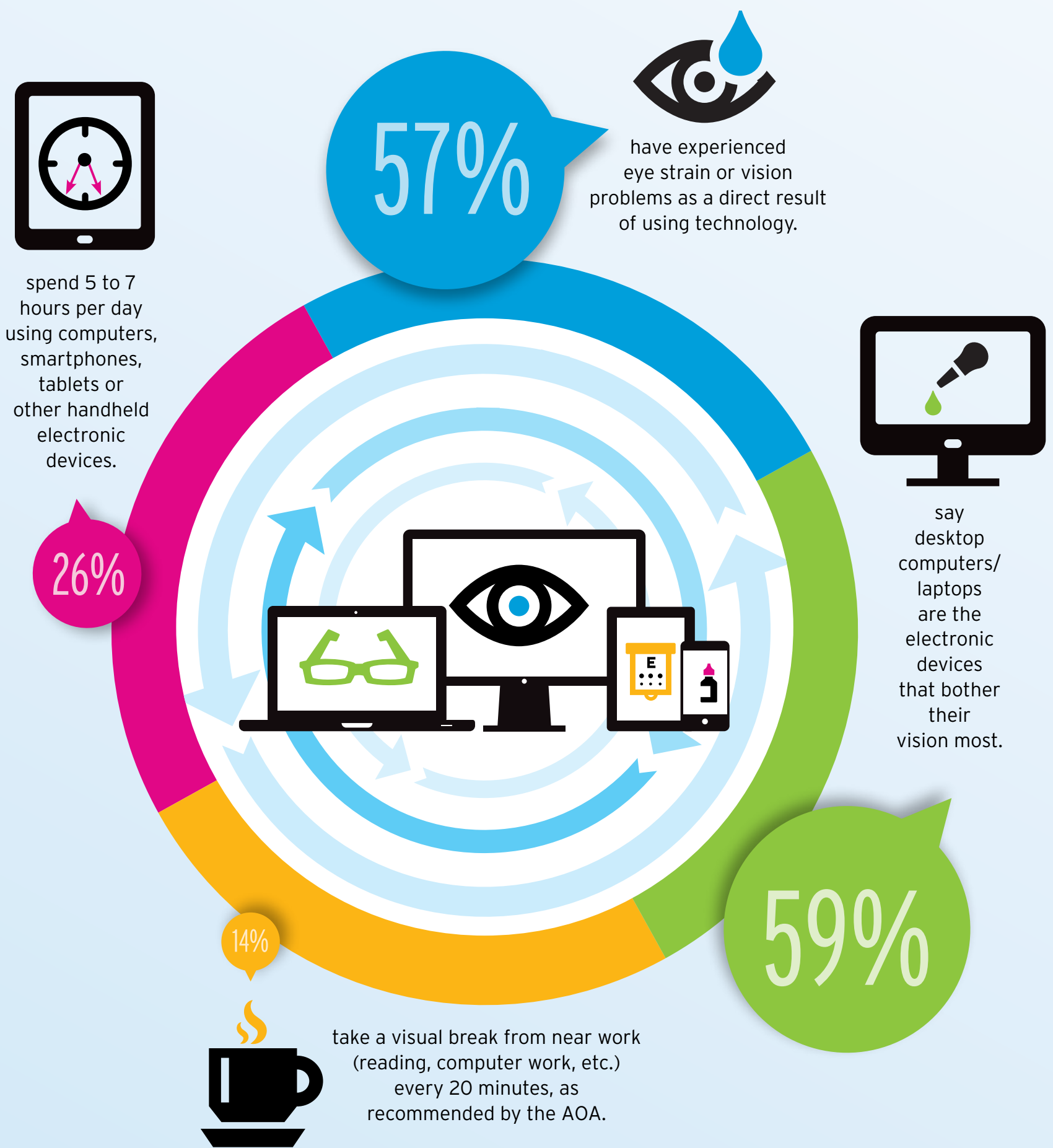


# THE 21<sup>ST</sup>-CENTURY EYE

## 55% OF ADULTS

use computers, smartphones, tablets or other handheld devices for five or more hours a day. And, 83 percent of children between the ages of 10 and 17 estimate they use devices for three or more hours each day.<sup>1</sup> Get more detailed statistics—and smart eye-care tips for protecting your vision—from the American Optometric Association.



## 3 WAYS TO PROTECT YOUR VISION

### 1 GIVE YOUR EYES A BREAK

Take a 20-second break every 20 minutes and view something 20 feet away.

### 2 BE A SAVVY SHOPPER

Beware of buying eyeglasses online. Doing so can often cost more time and money in the long run.

### 3 SKIP SHORTCUTS

There's no substitute for a yearly eye exam. Vision apps can give inaccurate information.

<sup>1</sup>2014 American Eye-Q® survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).

To find a doctor of optometry near you, visit [aoa.org](http://aoa.org).