MetLife | Vision Insurance

The Specialty Alliance

See the bigger picture

Why annual eye exams matter



Your Eyes Can Reveal More Than You Think

A comprehensive eye exam isn't just about updating your glasses — it's a powerful tool for detecting early signs of serious health conditions life diabetes and heart disease.[1] Eye exams are important for people of all ages, especially children, as many vision and health issues can happen at any stage in life.[1] Catching these signs early can help lead to faster diagnosis, quicker treatment and improved overall health.[1]

Health Conditions That Can Show Up in Your Eyes[2]

Alzheimer's Disease	High Blood Pressure	Rheumatoid Arthritis
Candidiasis	High Cholesterol	Sarcoidosis
Chronic Kidney Disease	HIV / AIDS	Sjögren's Syndrome
Congestive Heart Failure	Leukemia	Stroke
COVID-19	Lupus	Syphilis
Crohn's Disease	Lyme Disease	Thyroid Disease
Depression	Macular Degeneration	Toxoplasmosis
Diabetes	Melanoma	Tuberculosis
Glaucoma	Multiple Sclerosis	Ulcerative Colitis
Graves' Disease	Psoriatic Arthritis	*and many more...*

What Happens During a Comprehensive Eye Exam[1]

- Vision testing and health screening
- Eye pressure check (for glaucoma)
- Refraction to determine prescription
- Dilated eye exam to view blood vessels and nerves

All Eye Exams Are Not Created Equal[1]

Visual Screenings

- Test basic visual acuity and inspect eye and pupils
- Typically conducted by family doctor or school nurse
- Do not require specialized equipment
- Detect reduced vision or eye conditions but do not diagnose

Comprehensive Eye Exams

- Comprehensive examination of eye health, including acuity, refraction, peripheral, and pressure
- Conducted by an optometrist or ophthalmologist
- Use specialized equipment and dilation of eyes
- Diagnose and identify treatment for eye conditions
- Detect serious health conditions, such as hypertension or diabetes

Schedule Your Annual Eye Exam Today!

Don't wait for symptoms. Many eye and health conditions are silent in the early stages. An annual eye exam could be the first step in protecting your vision — and your life.

Questions? Call 1-855-MET-EYE1 (1-855-638-3931).

1. In Plain Sight: Examining America's Eye Health Challenge and How to Solve It, 4th Annual Vision Wellness Study, Versant Health, 2025.
2. Comprehensive Adult Eye and Vision Examination, Second Edition, American Optometric Association, January 20, 2023, https://aoa.uberflip.com/i/1492068-ebo-adult-guildline-22/0?. Accessed August 21, 2025.

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