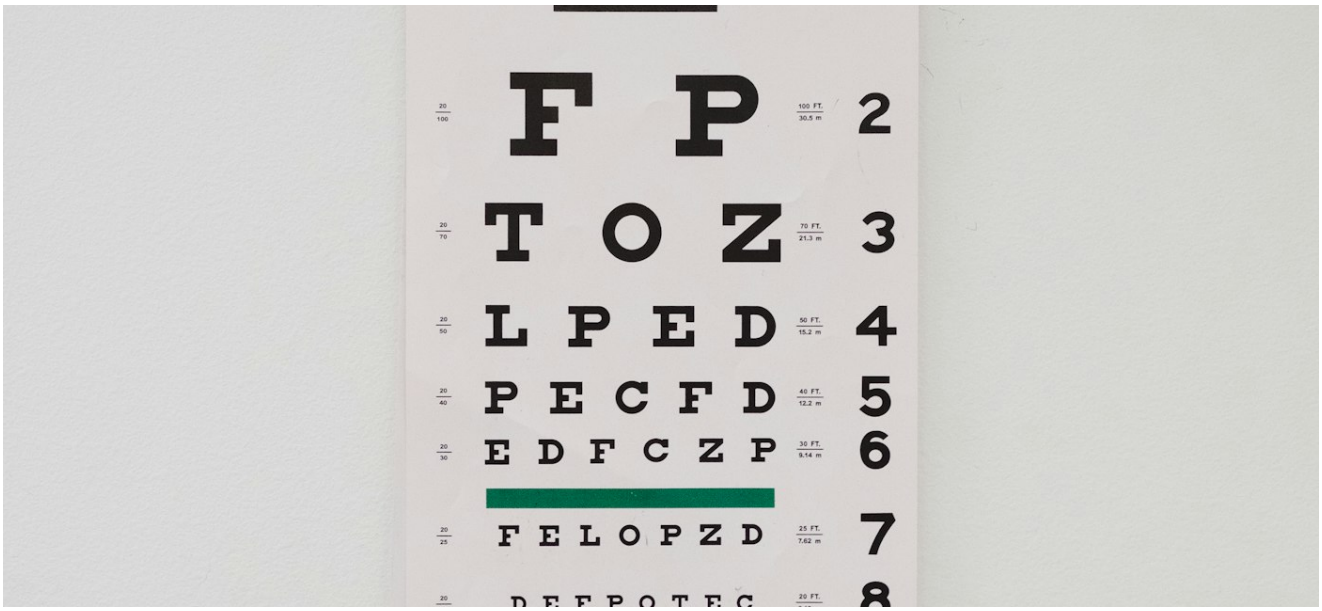
How Often Should You Get Your Eyes Checked?

The age and risk thresholds that set the interval, what a comprehensive exam actually covers, and where a phone chart genuinely helps.

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How often you should get your eyes checked depends on age and risk. The American Academy of Ophthalmology puts healthy adults under 40 on a complete exam every 5 to 10 years, and anyone 65 or older on one every year or two. Sight Check: Eye Chart Game is a free iPhone and Android app for the gaps between visits.

Disclosure: AppStoryo is operated by the studio that develops Sight Check: Eye Chart Game. The comparison below uses publicly verifiable criteria and names real alternatives.

Those intervals are the clinical answer. The practical problem is noticing a change during the years between appointments, which is what Sight Check: Eye Chart Game is for on the App Store, alongside Sight check game on Google Play.

How often should you get your eyes checked?

Three numbers cover most adults. The American Academy of Ophthalmology tells healthy adults under 40 to have a complete eye examination every 5 to 10 years, contact lens wearers to see an eye specialist every year, and anyone aged 65 or older to have their eyes checked every year or two. Everything else is an adjustment to those three figures.

The Academy also sets one hard milestone rather than an interval: a baseline eye disease screening by the age of 40, even with no symptoms, because early signs of disease and changes in vision often begin at that age. Its page, published on 30 April 2026, likens the step to a mammogram or a colon screening at 45.

Why does the recommended interval shrink with age?

Because the diseases that take sight are age-weighted and silent. The National Eye Institute recommends a dilated eye exam every 1 to 2 years for anyone over 60, for African Americans over 40, and for anyone with a family history of glaucoma, because a dilated exam is the only way to catch eye disease early.

Silent is the operative word. Glaucoma, diabetic retinopathy and age-related macular degeneration can all progress without a symptom you would notice, and the vision they take first is often peripheral, which the brain quietly fills in. By the time the loss is obvious, the window in which treatment preserves the most sight has usually closed.

Which risk factors shorten the interval?

Four, and they override the age table rather than adjust it. Diabetes or high blood pressure: the National Eye Institute says most people with either need a dilated eye exam at least once a year. An eye infection, an injury, eye pain, or sudden floaters and flashes: the Academy's instruction is to call an ophthalmologist now.

Contact lenses are the factor most people miss. A lens sits on the cornea all day, so the Academy sets a yearly specialist visit for wearers at any age, and the 5-to-10-year interval does not apply to them. A family history of eye disease works the same way, and an existing condition means your ophthalmologist's schedule replaces every rule above.

What actually happens in a comprehensive eye exam?

Far more than reading letters, which is the real reason no app substitutes for one. The American Optometric Association lists patient and family history, visual acuity at distance and near, keratometry for corneal curvature, refraction through a phoropter, eye teaming tests, and an eye health evaluation with the pupil dilated. The Academy puts the appointment at 45 to 90 minutes.

The National Eye Institute adds the detail people dread and should not: the pressure test is a puff of air or a gentle touch and does not hurt, while the drops leave vision blurry and eyes light-sensitive for a few hours, so bring sunglasses and let somebody else drive you home.

Can a phone app tell you when it is time to book?

It can flag a change, which is a real job. Sight Check: Eye Chart Game on iOS is version 1.0 of 15 July 2026, 54.8 MB, iOS 14.0 or later, free, filed under Games, Puzzle and Utilities and rated 12 and over: a chart-style game played by standing back from the screen and reading rows of shrinking letters aloud. The honest ceiling is published by an institution with nothing to sell:

> The app does not replace the need for regular eye checks by an eye care professional, even if your vision is good.

That sentence is from the World Health Organization's own App Store listing for WHOeyes, and it applies to every app on this page. Sight check game on Google Play, updated 20 July

2026, goes further than the iOS build: Quick, Standard and Comprehensive runs of 3, 5 and 8 checks, covering acuity, Landolt C and Tumbling E optotypes, colour plates, astigmatism, an Amsler grid and contrast, with results kept on the device.

Which vision-check app should you actually use?

Choose WHOeyes if you want institutional provenance

- World Health Organization, free, version 2.6.5 of 18 August 2026, 18.1 MB, iOS 15.6 or later, 32 App Store languages.
- Its listing says the app suits anyone over 8 and that its accuracy was tested in two research studies, a claim no consumer app here can match.

Choose Eye Chart HD if you need a chart nobody can memorise

- Dok LLC, free with a 2.99 dollar monthly subscription for the extra charts, version 3.0 of 15 November 2024, 30.5 MB, iOS 12.0 or later, on the store since July 2010.
- Randomizable Snellen and Tumbling E charts, built for triage rather than home self-testing.

Choose Eye Handbook if you work in eye care

- Cloud Nine Development LLC, free, version 10.4.3 of 15 October 2026, 480.4 MB, iOS 16.0 or later, rated 4.80 from 1,159 US ratings.
- A clinician reference with a visual acuity calculator; 480 MB is the price of that breadth.

Choose Sight Check: Eye Chart Game if you want a family-friendly nudge between exams

- Free on both stores, no accounts, no advertising or analytics SDKs, every result stored locally on the phone.
- The only one here framed as a game first, with voice-guided runs and separate profiles on the Android build.

When is a phone the wrong tool entirely?

Whenever a decision depends on the number. The Optometric Association's position statement of 16 June 2016 makes the structural objection: a consumer vision test replaces one element of an examination, the refraction, and a refraction taken by itself does not carry enough information to prescribe glasses or contact lenses. Its analogy is a blood pressure reading at a kiosk.

Three cases make that concrete. A changing refraction can itself be the symptom of an eye or systemic condition, which no letter chart detects. A prescription needs a measured fit, not a score. And a driving or employment vision standard is met on a certified chart at a measured distance. Treat Sight check game and its iOS counterpart as what makes you book the appointment.

Eye exam frequency: common questions answered

How often should adults get an eye exam?

If your eyes are healthy and you are under 40, the American Academy of Ophthalmology says a complete exam every 5 to 10 years is enough. From 65 onwards it recommends every year or two. Contact lens wearers see a specialist yearly at any age, and anyone with diabetes or a family history of eye disease follows the schedule their own doctor sets.

Do I still need an eye exam if my vision seems fine?

Yes, and that is the entire point of the age-40 baseline. The Academy recommends a screening by 40 even with no symptoms, because early signs of eye disease often appear around then, and the National Eye Institute notes that many eye diseases have no symptoms or warning signs at all. Good vision is not evidence of a healthy eye.

How often should children have their eyes checked?

On a schedule rather than an interval. The Academy points parents to the childhood eye screening guidelines it developed with the American Association for Pediatric Ophthalmology and Strabismus, which set screening points from birth through the teenage years and identify when a screening should become a complete exam.

How long does a comprehensive eye exam take, and does it hurt?

The Academy says it should not take more than 45 to 90 minutes, and that a staff member may run parts of it. The National Eye Institute calls the exam simple and painless, including the pressure test, but warns that vision stays blurry and light-sensitive for a few hours after dilation.

Can an app replace my eye exam?

No, and the apps themselves say so. The World Health Organization's listing for WHOeyes states that the app does not replace the need for regular checks by an eye care professional even when vision is good, and the Google Play listing for Sight Check: Eye Chart Game calls itself a screening and self-awareness tool rather than a medical diagnosis or a certified clinical chart.

How often do people with diabetes need an eye exam?

At least once a year. The National Eye Institute says most people with diabetes or high blood pressure need a dilated eye exam at least annually, and tells them to ask their own doctor about the right interval. Diabetic retinopathy is one of the conditions a dilated exam exists to catch before it reaches sight.

Does Sight Check: Eye Chart Game store my results anywhere?

No. Its App Store listing says results stay on your device, and the Google Play Data safety card for the Android build declares no data collected and no data shared with third parties. There are no accounts and no advertising or analytics SDKs, so a result is a local record rather than a profile.

What should I do if a home chart result looks worse than last time?

Treat it as a prompt, not a measurement. A drop between two runs can come from screen brightness, viewing distance, glare or plain tiredness as easily as from your eyes. For sudden floaters, flashes, pain or an abrupt change, the Academy's instruction is to call an ophthalmologist now rather than wait.

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