



Kit Sprockette & the Hopper Twins



SEEING

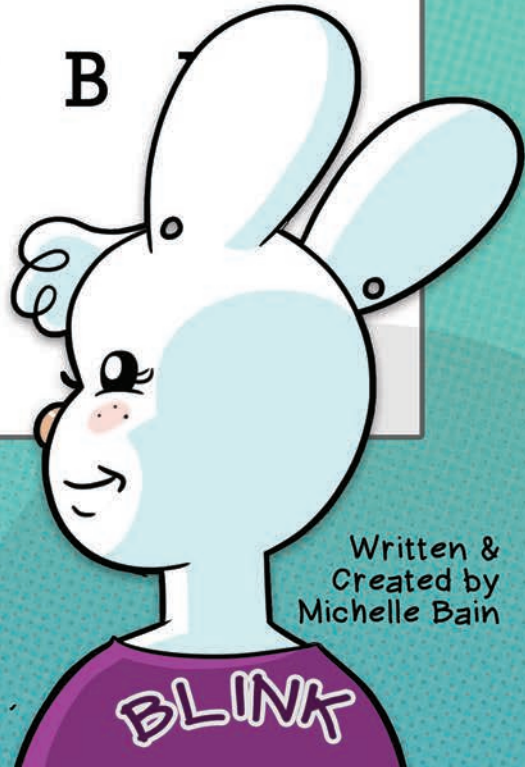


O F F

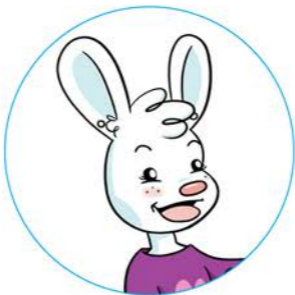
THE CHARTS

X V M P L B S

O R C B



Written & Created by Michelle Bain





Hi, friend!
I am Kit Sprockette,
and we're learning today
about vision and eye care.
First, let's learn a
little about you!

This is my book! My name is:

I am _____ years old.

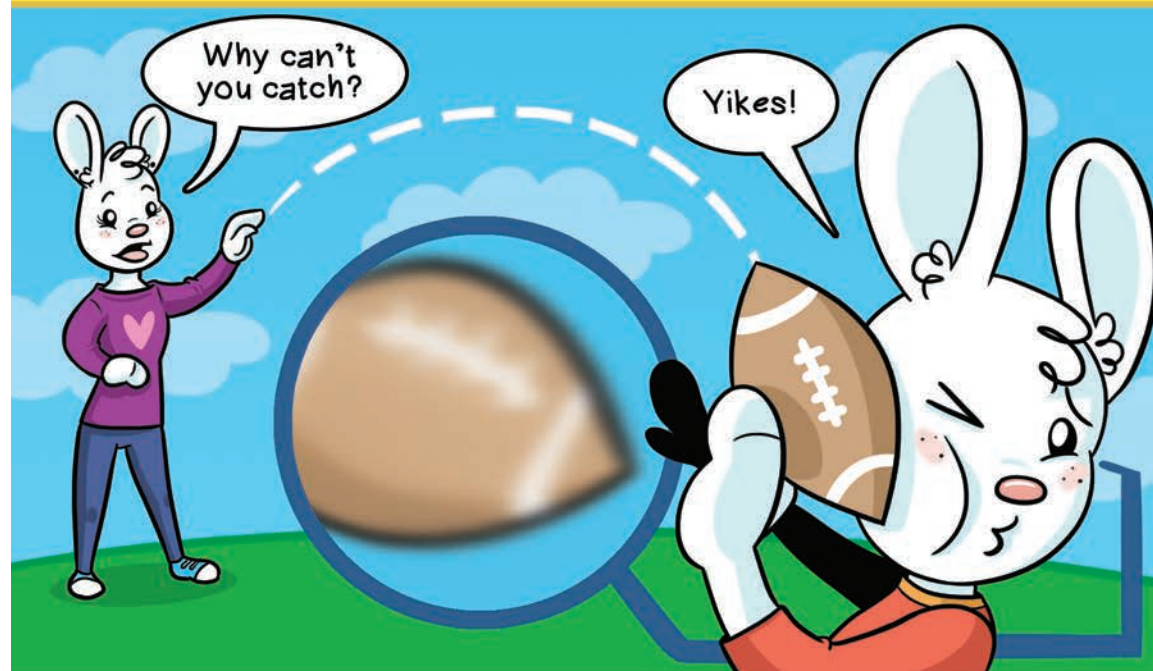
My favorite activity is:

When I look at something far away,
How well can I see it?

When I look at something close up,
how well can I see it?

DISCLAIMER: This book provides general information about vision and eye care. This information is not intended to be used for the diagnosis or treatment of a vision problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual health needs and to professionally address eye and vision issues or medical concerns.

One beautiful afternoon, the Hopper Twins, Wink and Blink, were playing catch, but Wink couldn't catch any throw from a distance. The ball looked really fuzzy until it got up close.



Later that night, Blink tried to read one of her favorite books, but couldn't because the words were fuzzy when she held the book closely.

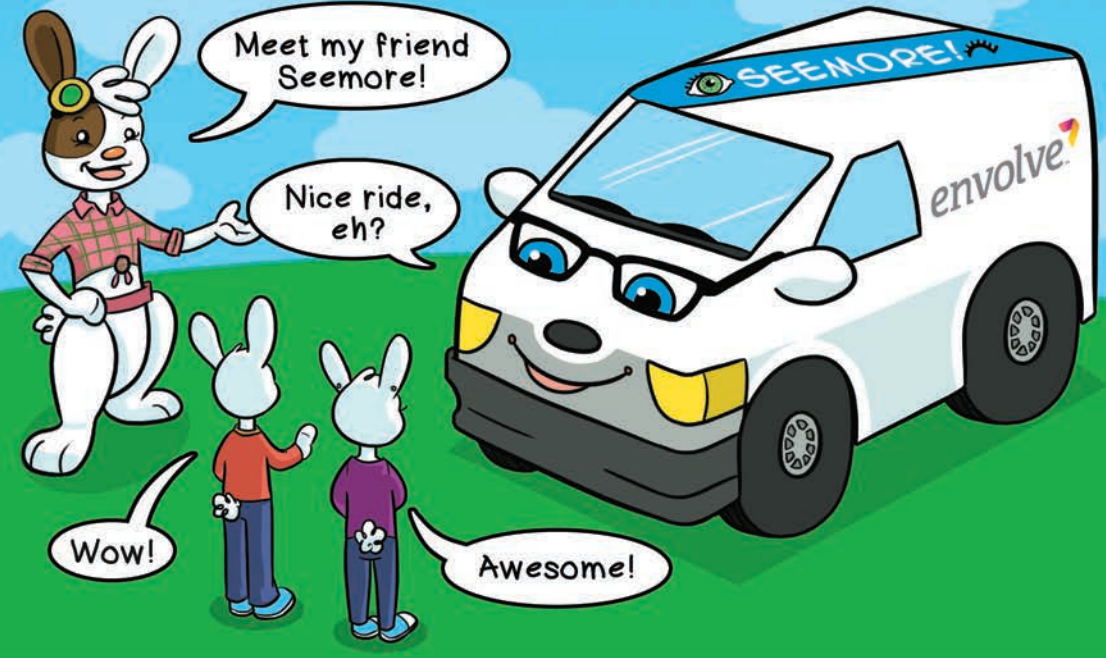


The Hopper Twins began to argue because Blink couldn't read her homework and always asked Wink for help. Blink was grouchy at her brother because every time they practiced football, Wink would miss the ball.



The Hopper Twins' aunt, Kit Sprockette, heard the two arguing and asked what was wrong. Then she told them that she had trouble seeing when she was young. Now she wore glasses that helped her see both near and far.

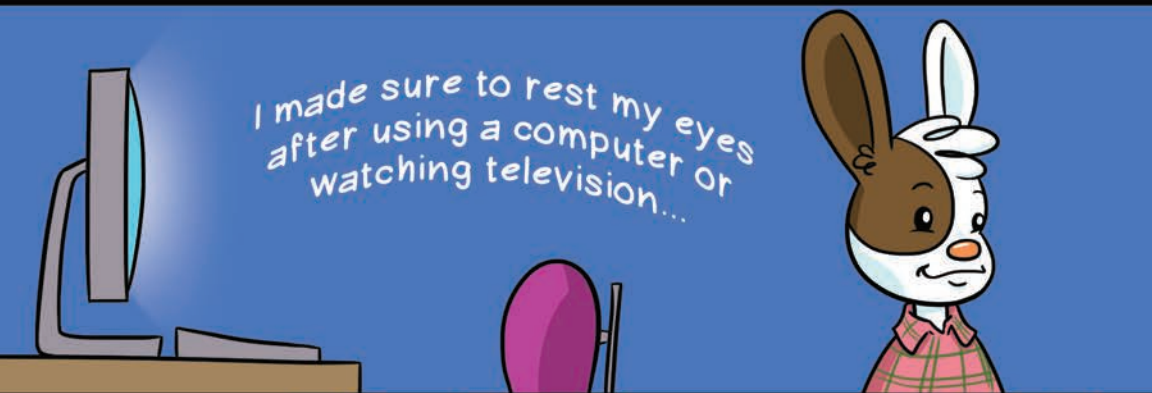
Kit and the twins went outside where Kit introduced them to her friend Seemore, the Vision Van.



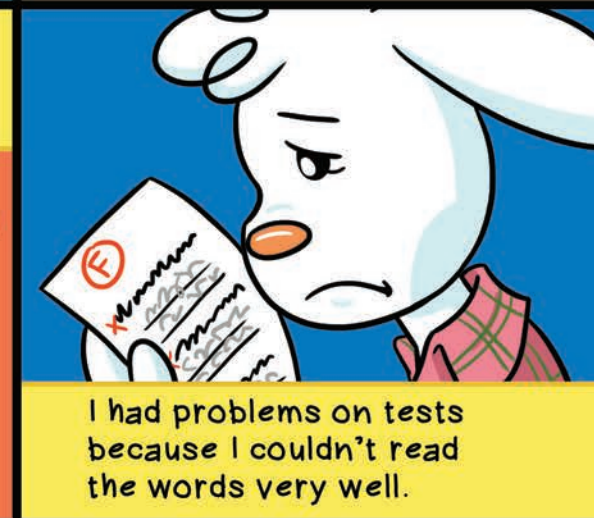
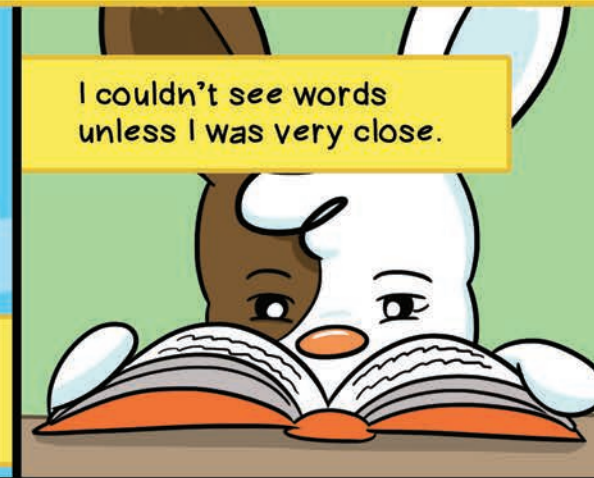
Wink and Blink thought about getting their eyes examined and getting glasses, but they were worried. They had many questions that they needed answers to.



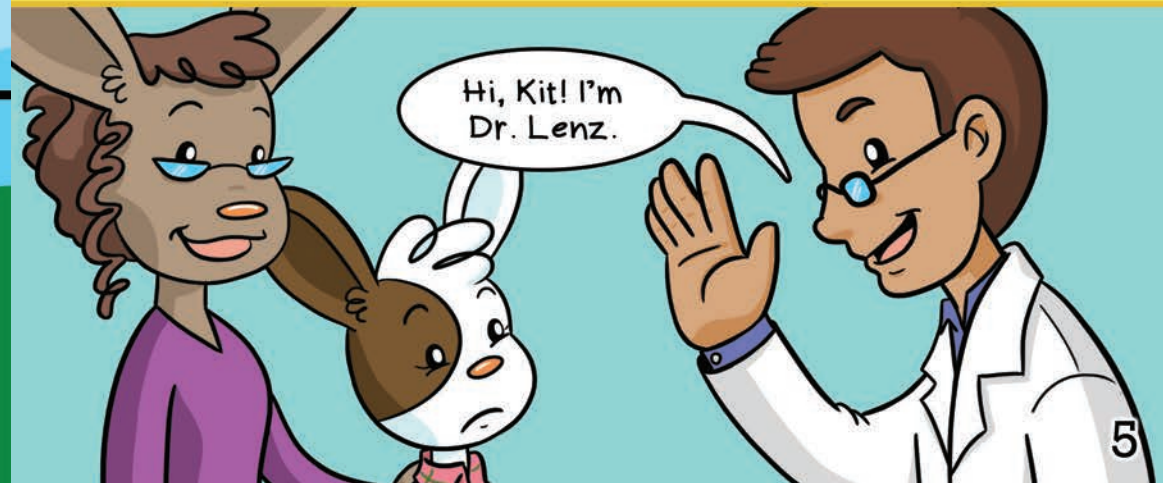
Kit told them about when she was young and first had trouble seeing. She tried everything she could think of to fix her eyesight.



But even though Kit tried everything she could think of, she still couldn't see things very well. It started to bother her.



So Kit's mom took her to see Dr. Lenz, the family's eye doctor.



Dr. Lenz told Kit about her eyes and how they worked.



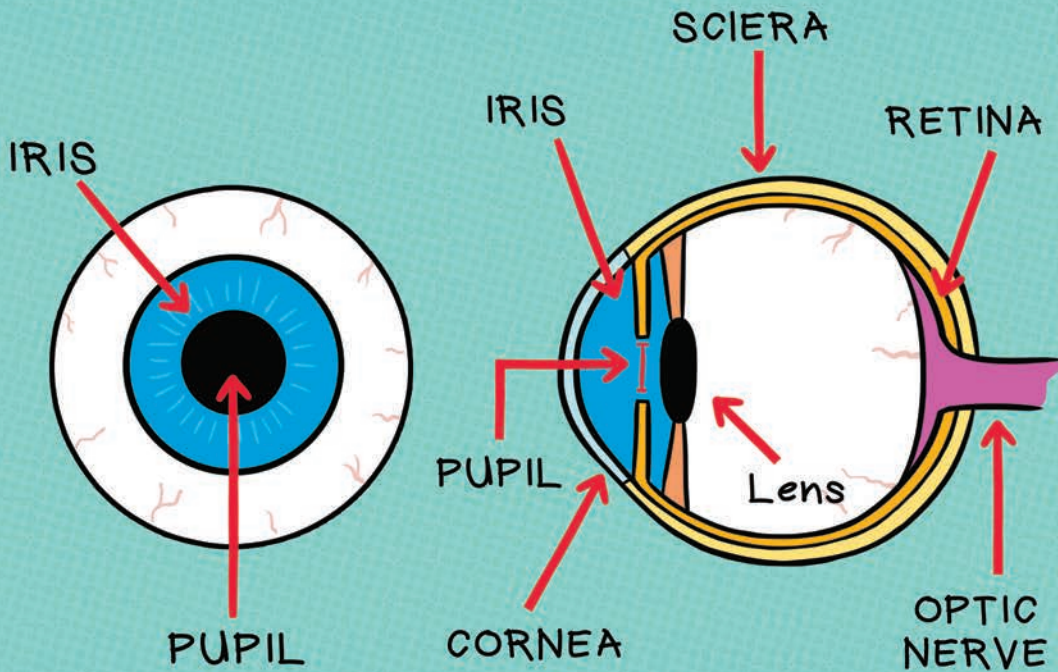
Most who have trouble seeing are nearsighted or farsighted.



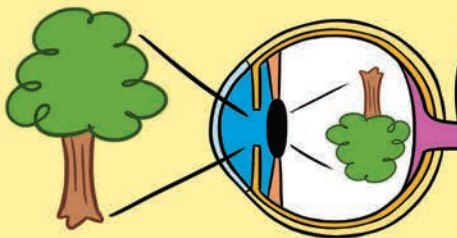
NearSighted:
can see what is close but not far



FarSighted:
can see what is far but not close



DID YOU KNOW...?



When an image passes through the lens of your eye, it is actually flipped upside-down! Your brain flips the image again so things look normal!



The first test that Kit took was looking at the eye chart. She knew about it and was excited to read all of the letters from top to bottom.

Snellen Chart

Created in 1862, the chart measures how well you are able to see.

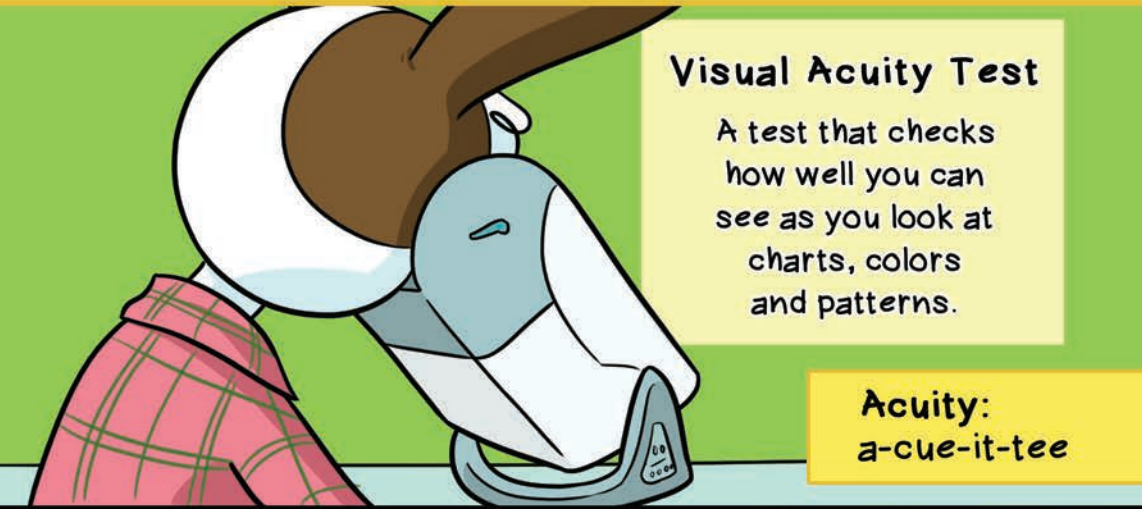
E	1
Z B	2
H L M	3
R B X V	4
D A N O Q C	5
F U Y T A G	6

E, Z, B... M, I,
N... B, R... X, Y...
That's as far as
I can see.

When you read the Snellen Chart, the doctor will ask you to cover one eye at a time so that he or she can check each eye.

After she read the letters off the chart, Kit took a few other tests that helped Dr. Lenz check her sight. Kit realized that the tests weren't scary at all. They were actually fun!

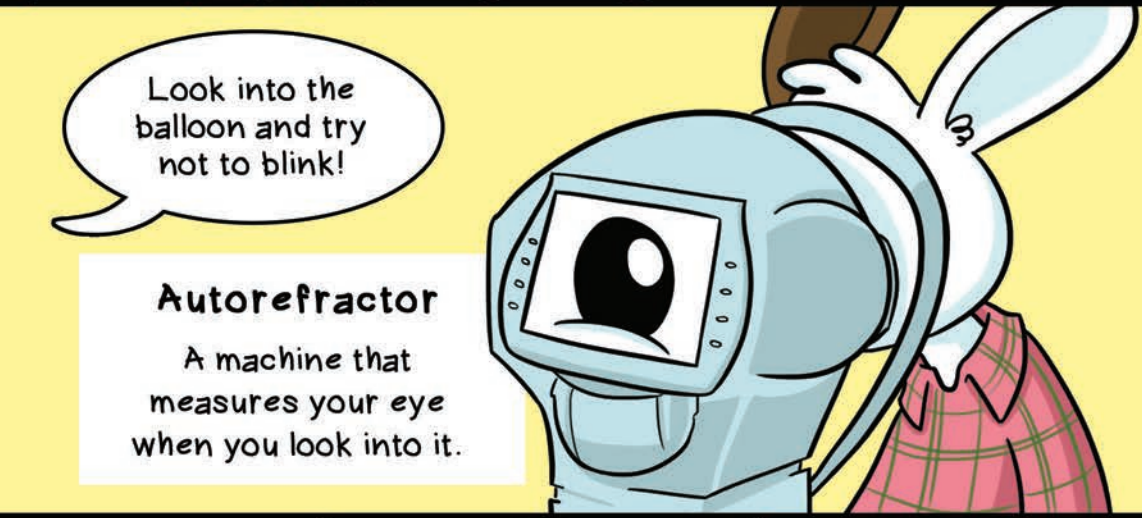
Once her exam was finished, Kit got to pick out her glasses. There were so many choices, it was hard to pick just one pair, but she found something that was perfect!



Visual Acuity Test

A test that checks how well you can see as you look at charts, colors and patterns.

Acuity:
a-cue-it-tee



Look into the balloon and try not to blink!

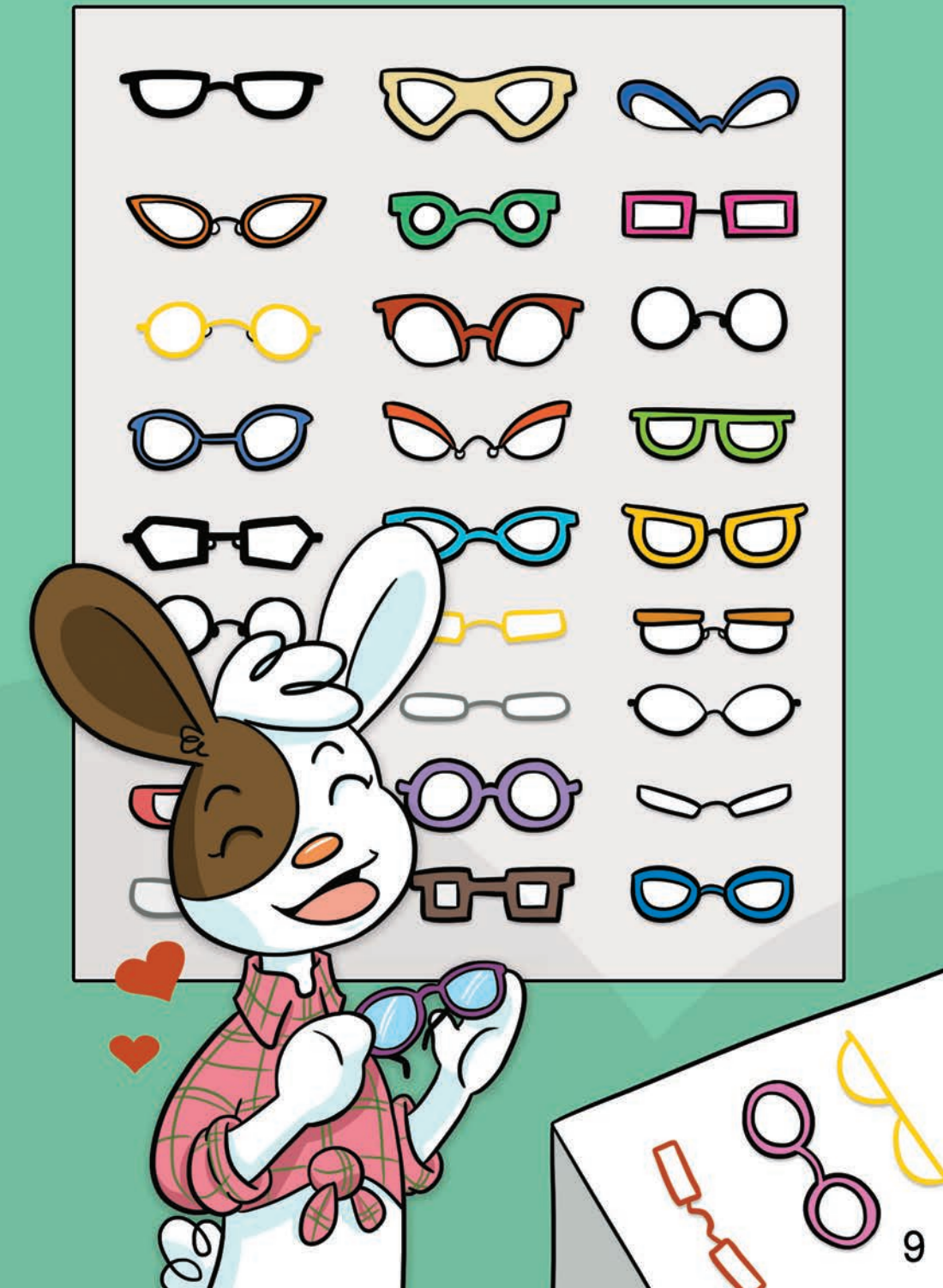
Autorefractor

A machine that measures your eye when you look into it.



Phoropter

A machine that uses lenses to measure what kind of lens will help you see.



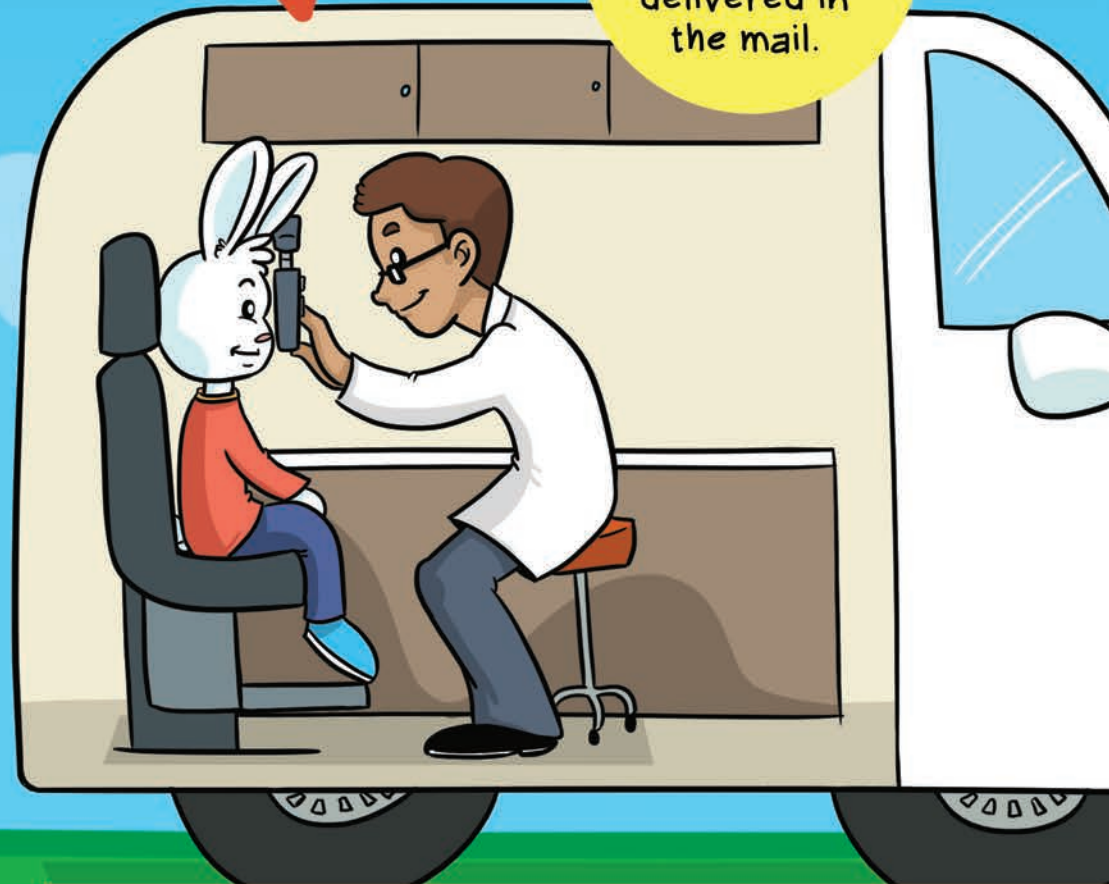
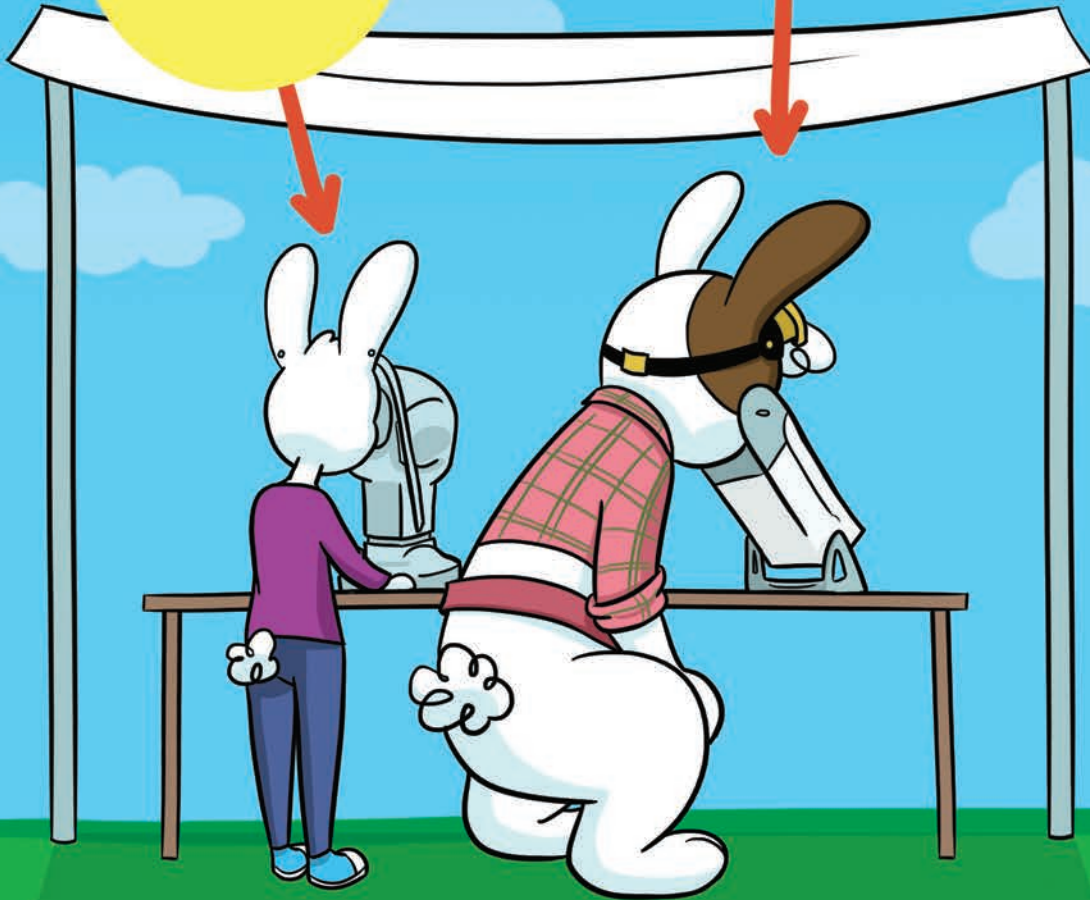
After listening to Kit's story, the Hopper Twins felt ready to get their eyes tested with Seemore, the Vision Van. They first answered some questions, then went into the van to see the doctor.

STEP 1
Use the
Autorefractor.

STEP 2
Take the
Visual Acuity
test.

STEP 3
The doctor
checks eyes
using the
phoropter.

STEP 4
Glasses are
ordered and
delivered in
the mail.



DID YOU KNOW: Eye doctors prescribe lenses in glasses that bend light rays to help people who are nearsighted and farsighted see better.

There are many ways to care for your eyes, and eating well is one of them.



You've probably heard that carrots are good for your eyes. But did you know there are other foods that help keep your eyes healthy?



Carrots
Have Vitamin A and beta carotene

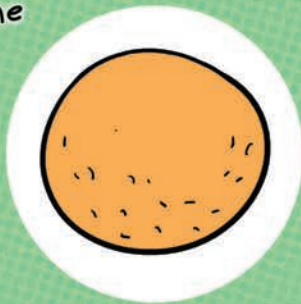


Sweet Potatoes
Also have Vitamin A and beta carotene

Strawberries
Have Vitamin C and folate (a type of B vitamin)



Oranges
Full of Vitamin C and potassium



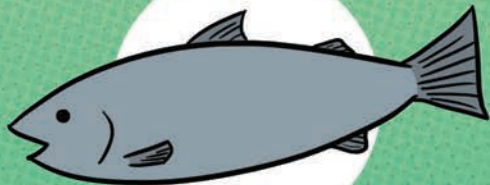
Almonds
Have Vitamin E and monosaturated fatty acids



Spinach
Has lutein, which helps prevent eye diseases



Salmon
Has omega-3 fatty acids



It's also important to protect your eyes from sunlight, injury and dirt.

Always protect your eyes!



The sun's ultraviolet rays can harm your eyes. Wearing sunglasses helps guard them!



Don't forget to protect your eyes even when it's cloudy!



Always wear eye protection when playing sports to prevent eye injuries.

Always wash your hands before touching your eyes, especially after playing outside or with a pet.



Not long after their eye exams, the Hopper Twins ran to the mailbox pick up their brand new glasses. They were so excited!



Use your eyes to spot six differences between the two pictures, as Wink and Blink test out their new glasses while playing outside!



A E Y E
D V S E E O
Z V I S I O N L P
C G L A S S E S V U
X S C L E X A M E W Z
Z L D F U I R I S L F O

IRIS
SEE

VISION
GLASSES

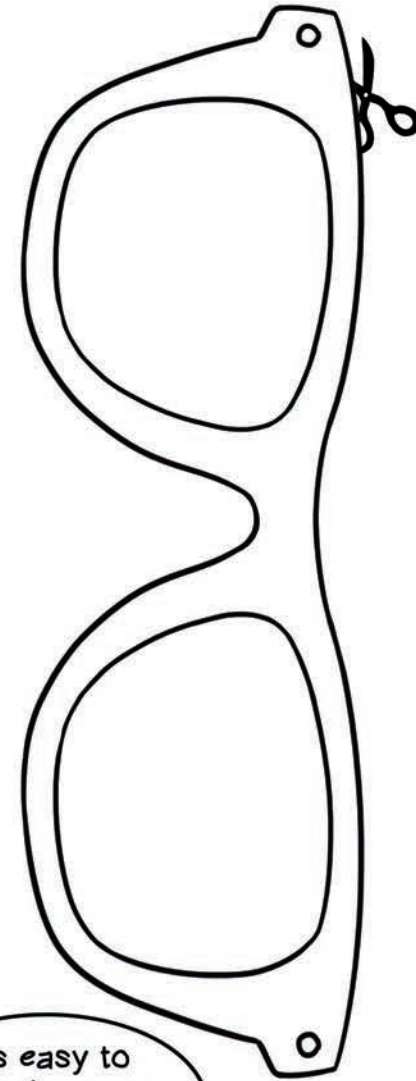
EXAM
EYE

Look at the Snellen Chart above and find the hidden words in each line!



MAKE YOUR OWN PRETEND GLASSES!

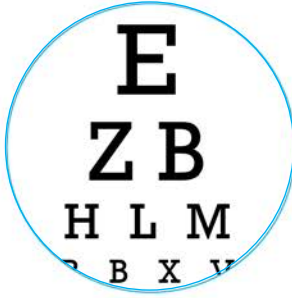
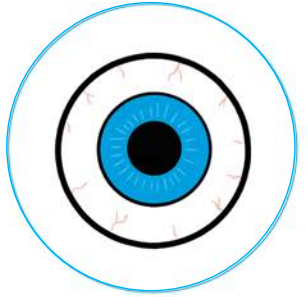
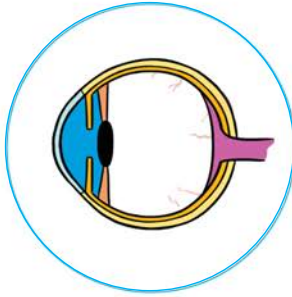
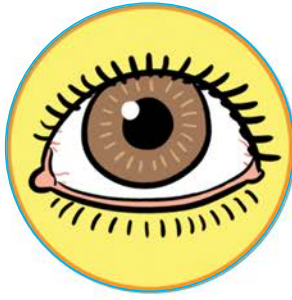
1. Color the frames your favorite color.
2. Ask an adult to help you cut out the frames.
3. Ask an adult to help you cut out the strip of paper on the right.
4. Fold the paper in half then tape to the glasses like a mask.
5. Enjoy your new pretend glasses!



It's easy to give glasses a try! Just make a pair!



© 2016 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States and international copyright law. No part of this publication may be reproduced, distributed, displayed, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice.



It's scary to not see well, but eye exams and glasses can be an adventure!



Eye care is important so you can see well while you read and play.



Illustrated by
Fox Hyon Smith

978-0-9974255-0-5



Made in
the USA



Keep the
planet healthy!
This book was printed
on recycled paper!

CENTENE
Corporation