

Eye Health: **What is 20/20 Vision?**

Normal vision is 20/20 or better, which means you can see something clearly from 20 feet away—the standard vision ability for healthy eyes.

A visual acuity test checks how well you see details from a specific distance. It is the test where you look at a chart of letters or numbers during an eye exam.



When Your Vision Isn't 20/20

When you have a result like 20/40 or 20/80 vision, that means you need to be 20 feet away from something that people with 20/20 vision can see from 40 or 80 feet away.

Visual acuity testing should be done during your yearly dilated and comprehensive eye exam or when you get retinal photography.

When a Person Is Considered Legally Blind

While we often think of blindness as being unable to see anything, there are different levels of limited sight that qualify as blindness.

Based on visual acuity testing, a person is considered legally blind when their best corrected vision is 20/200, which means they need to be at least 20 feet away to see something that a person with normal vision can see from 200 feet away. Another form of legal blindness is tunnel vision, even when acuity is 20/20.

Diabetes can lead to diabetes-related retinopathy and diabetes-related macular edema, which can lead to vision acuity that's considered legally blind.

If you notice any sudden changes in your vision, reach out to your eye doctor right away. It's also important to know that you can have eye problems without any symptoms. Scheduling your yearly eye exam is the best way to find out about diabetes-related eye disease as early as possible.



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