

An Ophthalmologist On Your Wrist: Now Test Your Eyesight with Apple Watch

Today we're excited to introduce you to a new Apple Watch app, [iCProVision](#), which lets you test your visual acuity with the same accuracy as an ophthalmologist.

Longer Lives Mean More Old-Age Ailments

In both the developed and rapidly-developing world, life expectancy is on the rise. According to World Bank data, life expectancy in the UK averages 81.5 years, while life expectancy in the US averages 78.8 years: these numbers mark a 10-year increase over the past half-century.

As human populations around the world live longer and longer, we're faced with ever more ailments and diseases associated with old age. Early detection and care is often the only way to prevent these illnesses from diminishing one's quality of life in older age.

Macular Degeneration and Cataracts: Our Eye's Enemies

The two most common eye diseases are macular degeneration and cataracts. They're the leading cause of vision loss in the US, according to the NIH. Both are directly linked with older age.

Macular degeneration results in a loss of vision in our center field of vision, while leaving our peripheral vision unaffected. It afflicts 30-50 million people globally. Cataracts are pigment or protein buildup on the lens of the eye. Half of all global blindness is caused by cataracts.

The onset of symptoms can be significantly delayed or reduced via early detection and preventive care--like wearing sunglasses and eyeglasses and having early-stage corrective surgery.

Early Detection & the Quantified Self: An Ophthalmologist on Your Wrist

As our life spans lengthen, it's important to cultivate ongoing knowledge about our bodies. Apple's iOS suite of health apps help us do precisely that. The 'quantified self,' in which health apps gather, store and analyze real-time data about our bodies, provides us with a blueprint for better understanding ourselves over our lifetimes.

[iCProVision](#) is the very-first Apple Watch app that lets users test their visual acuity with the same accuracy as an in-person ophthalmologist visit. When used regularly, people can detect eyesight deterioration, so they know when it's time to schedule a doctor's appointment.

iCProVision: Designed by a Doctor, for Patients

Created in Berlin, Germany by ophthalmologist Dr. Matthias Hartmann and by Viacom iOS developer Konrad Feiler, iCProVision is medically sound. The iPhone version, released four years ago, is currently used by thousands of eye doctors throughout Europe and Asia. While other visual acuity apps exist, they merely show a digital screen with the same eye chart one would view in a doctor's office. Not iCProVision.

The app guides the user through an eye test comprised of ever shrinking signs and symbols. The test is viewed on your phone, tablet or laptop, while you input what you see directly into your Apple Watch by tapping its screen. The mobile device and Apple Watch function in concert with one another, acting as an automated ophthalmologist.

iCProVision: <http://icprovision.com/>

App Store: <https://itunes.apple.com/us/app/ic-pro-the-eyetest/id405950873?mt=8>



