

Lifestyle Questionnaire

How many pairs of glasses do you currently use? _____

If you wear single vision glasses are they (circle one)

For distance only For near only For Both

Are you interested in or have you ever worn glasses that darken in the sunlight? _____

Do you have prescription sunglasses ? _____

Are they polarized? _____

What glasses do you wear when driving during the day?

What glasses do you wear when driving at night? _____

Are you bothered by glare from any of the following?

Night driving _____ Sunshine _____

Fluorescent Lights _____ Computer Screen _____

What do you like most about your current glasses?

What do you like least about your current glasses?

At work, do you read small print? _____

Do you perform fine or close-up work? _____

Is safety protection a concern? _____

Are you outdoors all or part of the time? _____

How much time do you spend working with a computer each day? _____

What hobbies or recreational sports do you enjoy?

Do you have any unusual visual requirements for your work or your hobbies?

Vision Safety Notice

When selecting eyewear, keep these safety factors in mind and be sure to discuss any safety needs with your eyecare professional team.

The type and style of the eyeglass frame is an important factor in determining how much protection your eyeglasses will provide. Many frames are designed for appearance, not protection.

Federal law requires all lenses to meet a standard of impact resistance. Lenses used for dress eyewear are not required to meet as rigorous an impact resistance standard as lenses used in industrial or sports spectacles. Discuss with your eyecare professional team the lens impact resistance requirements of your lifestyle.

No lenses are unbreakable or shatterproof. They can break into sharp pieces that can cause serious injury to the eye, or blindness. Even if the lenses do not break, the frame can break or distort and result in serious eye injury.

The continued impact resistance of your lenses depends on how well you protect them from physical shocks and abuse. For your own protection and visual comfort, scratched and pitted lenses should be replaced immediately.

If your occupation or recreational activities expose you to severe risk of flying objects or physical impacts, eye safety may require special safety spectacles with safety lenses, side shields, goggles, and/or a full face shield.

Copyright © 2004 Optical Laboratories Association (OLA) 800-477-5652

M

Day

Date

Time

We look forward to seeing you. If you are unable to keep this appointment, please give 24 hours notice.



LENS MENU

There are lots of options to consider when looking at prescription lenses. The best way to select lenses is to determine your needs based on your lifestyle, and then discuss the lens "solutions" with your eyecare professional.

Did you know:

Did you know during the average day, your eyes muscles will expend as much energy proportionately as your leg muscles would if you walked 50 miles?

The average person blinks their eyes 11,500 times per day- 4.2 million times per year!

The average healthy 20 year-old allows up to 3 times more light in their eyes than the average 60 year-old.

Your eyes are constantly, and rapidly, reacting to the world. For example, did you know that the average major league fastball, traveling at over 90 m.p.h., takes less than 4/10's of a second to go from the pitcher's hand to home plate? Did you know it takes 2/10's of a second to swing your bat?

With your eyesight being so important, and your eyes working so hard, you need to take the time to select the best vision solutions for you and your lifestyle. This brochure provides the key lens options available to you. Your eyecare professional can give you further information and guidance.

Lens Designs—the basic vocabulary of lenses

Single Vision this all-purpose lens is available in all materials and provides vision correction for one viewing area. The corrected area can be for far distance or near distance.

Multifocals will be recommended when you require correction for both distance and near viewing areas in one single pair of glasses. Available as no-line progressives, bifocals and trifocals.

No-Line Progressives designed to allow you to see at distance (driving a vehicle), intermediate (looking at the dashboard), and near (reading a map) with no lines or sections. The absence of bifocal lines makes this lens the most desirable cosmetically. You will also enjoy continuous vision from far to near with this lens design.

Bifocals provide both far and near correction in one lens. A visible line divides the two areas providing a visible segment for near viewing.

Trifocals are a variation of the bifocals. This double - line lens provides you with correction in three areas - distance, intermediate, and near.

Aspherics reduce the effect of your eyes looking larger or smaller behind your glasses. Plus, the image remains more clear when you look through the sides of the lenses. And, the lenses are thinner and lighter.

Atoric helps reduce visual distortion and allows for a wider field of vision. A thinner, lighter more cosmetically appealing lens. Your eyecare professional can recommend which design best suits your vision correction.

Specialty Lenses—for work and play

Industrial/occupational lenses special occupational designs allow us to customize lenses for almost any occupation, hobby, visual, or safety requirement. Your lifestyle information will help us understand how you use your eyes and identify visual needs.

Computer lenses if you work at a computer at least two hours per day, you may need a computer lens. These lenses are custom designed to provide the best vision for you while working at the computer. The lenses combine a variety of features including anti - reflective coatings and special filters.

Sports lenses improve safety and performance and enhance your enjoyment. Sports lenses come in a variety of colors, designs and treatments. Impact resistance and light weight are key considerations.

Lens Treatments—features you should consider

UV protection the sun’s ultraviolet rays pose potential harm to your eyes. We recommend UV protection on all our lenses. UV filters for your lenses accomplish the same thing as sunscreen does for your skin - shield your eyes from harmful UV rays. A ‘must-have’ for adults and children to promote healthy vision.

Scratch resistant coating is highly recommended to protect your lenses from everyday wear-and-tear. Protecting your lens surface prolongs the usefulness of your lenses and protects your investment in good vision.

Anti-reflective is a special coating that reduces distracting reflections. The results are: more transmitted light, better quality of vision, improved night vision, and reduced eye fatigue. Great for working on a computer and driving at night, these lenses also offer a cosmetically appealing "invisible lens look" that makes the lens "disappear" and shows your eyes more clearly.

Adjustable tint lenses that darken in the sunlight and lighten indoors. Improved technology provides you with a lens that is virtually clear indoors and as dark as sunglasses outdoors and protects you from harmful UV. Available in almost all materials and designs; ask our dispenser for a demonstration of this technology.

Lens Materials—what’s best for your prescription and lifestyle

Plastic plastic lenses are lighter than glass lenses and can be tinted to almost any color and shade.

Thinner, lighter high-index advancements in technology continue to give us thinner and lighter lenses for your stronger prescriptions. Comfort and cosmetics without compromise.

High impact resistant our office recommends high impact resistant lenses for two good reasons: comfort, because of their incredible light weight, and safety, due to their high impact resistance. We recommend these for children, teens, active adults, occupational safety, and anyone who needs superior protection.

Glass offers superior optics and is the most scratch resistant material available. However, glass must be specially treated for impact resistance, may be heavier, and may not be an option in certain rimless styles.

Sun Lenses

Polarized lenses are the best option for eliminating glare. Hunters, boaters, fishermen, golfers, and drivers are just a few who can benefit from polarized lens’ glare blocking properties. Any surface can create glare in sunlight, especially water, snow, sand, windows, vehicles, and buildings. Polarization eases eye strain and fatigue in bright sunlight. Available in different colors, materials and designs.

Tinted lenses tints for sun lenses are usually medium to dark shades. They can be solid or gradient. Almost any color available.

Mirrored lenses not only look cool, they are cool. Mirrored coatings provide a reflective surface that makes the eye almost invisible to others, while keeping your eyes protected from glare. Mirrors come in a variety of styles.

Build Your Customized Rx from the Menu of Lens Options!

The following features and lens treatments can be added to your lens material and design to produce a custom lens system that best suits you.

O P T I O N S

- UV** UV Filter
- SC** Scratch Resistant Coating
- AR** Anti-Reflective Coating
- AT** Adjustable Tint
- TL** Thinner and Lighter

Don’t Forget the Kid’s Menu!

For children we recommend high impact resistance lenses. The most impact resistant lenses on the market, they are a great choice for the active youngster or teen. They combine a UV filter and scratch resistant coating to give your children overall protection. Can be combined with photochromics to add protection from bright glaring sunlight.

Review the Lifestyle Questionnaire on the back of this page.

Talk with our staff and consider the benefits of prescription sunglasses, computer glasses, or multiple fashion pairs.

Our goal is to help you make the most of your vision!

Ask our staff to further explain and demonstrate any of these lens options.

