

# Facts to Know About Vision and Lenses

The information below will help you learn key facts about vision care, and how to optimize your vision through your lens and lens coating choices.

- 1 Eye examinations are an important part of health maintenance for everyone.
  - 2 Know The Three Os:
    - a. An **Optometrist** performs eye examinations and writes prescriptions for corrective lenses. Most Optometrists can diagnose and treat many medical eye conditions and prescribe certain medications.
    - b. An **Ophthalmologist** is a medical doctor treating the full range of eye diseases and conditions. Ophthalmologists perform surgery for cataracts and other eye conditions.
    - c. An **Optician** fills the prescription from the optometrist or ophthalmologist and specializes in fitting eyeglasses and providing lenses to correct vision problems.
  - 3 Based on your vision test, an eye care professional will prescribe the optimum lenses to help you regain sharp vision.
  - 4 Children should have eye exams:
    - a. At ages six months, three years and when beginning school.
    - b. Every 2 years (even with no vision issues) to check for early signs of eye disease.
  - 5 Adults should have eye exams:
    - a. Every two years, even with no vision issues.
    - b. Annually starting at age 40 as your eyes start to experience natural age-related vision changes.
  - 6 When selecting eyeglasses for your vision correction, you will also be choosing your eyeglass frames, the type of lens and lens coating. Be sure to let your eye care professional know about the activities you participate in when wearing glasses.
  - 7 Not all lenses are created equal. Zeiss Individual® is the first progressive lens to integrate how your frames, face and prescription work together for a one-of-a-kind lens that is precisely personalized for the wearer. ZEISS technology is used to create these customized progressive lenses, which are clinically proven to be preferred by consumers over conventional progressive lenses to improve their vision and quality of eyesight.
  - 8 Ask your eye care professional about the lenses he/she has recommended for you, and how the lenses meet your vision needs.
  - 9 Know your coating options:
    - a. Anti-reflective: Reduces reflections to a minimum for crisper, clearer vision in all lighting situations.
    - b. Anti-scratch: Provides optimum protection against scratches which can interfere with vision.
    - c. Anti-static: Repels dust and dirt so lenses stay cleaner longer.
    - d. Hydrophobic: Dirt and moisture slide off the surface, so the lens is quicker and easier to clean.
    - e. PureCoat® by ZEISS: This high-tech coating offers all-round protection including hard anti-scratch coating, anti-reflective coating, and the anti-static function all in one.
    - f. UV coating: Some lens materials block 100% of harmful UV rays. Those that don't require a coating or treatment that offers full UV protection.
  - 10 The right lenses and coating options for you depend on your lifestyle, work and leisure activities.
  - 11 Care for your lenses. Don't leave your eyeglasses in the sun or near a heat source as this can damage the coating and frames. Keep your eyeglasses in a protective case when not in use.
- Additional options include:
- a. Self-tinting lenses: Tint reacts to changing light, darkening in the sun and clearing indoors. Self-tinting lenses like PhotoFusion® by ZEISS also offer full UV protection.
  - b. Polarized lenses: Sun lenses that filter out almost all glare created by sunlight reflected off of water, snow and other surfaces.
- More information about vision care and lenses can be found at [www.better-vision.zeiss.com](http://www.better-vision.zeiss.com)

