



# Contacts? Here's What to Ask Your Eye Doctor

**Wondering about contacts? Don't be shy. Your eye doctor can help.**

Your eye doctor should be happy to answer all your questions, so don't hold back, even if you think some may be trivial. Here's a guide on what to do and think about before and during your visit.

**When you visit your eye doctor, be sure to bring:**

- **Your current contact lenses or eyeglasses, if available**
- **A copy of your last eyewear prescription, if available**
- **Your vision insurance card, if needed**

**Make an appointment:**

- Describe any vision problems you may be having.
- Be sure to specify that you want a contact lens fitting appointment.

**What to think about:**

- Is vision correction affecting your activities or self-esteem?
- Do you consistently wear your glasses when needed? Are they frequently broken, lost or dirty?
- How interested are you in contact lenses? Are you motivated enough to take care of them?
- Have you noticed any eye problems such as blurry vision, flashes of light, poor night vision or double vision? Do you have trouble tracking moving objects, judging distances or determining colors?
- How's your general health? Be ready to tell the eye doctor about injuries, chronic conditions, allergies, medications or operations.
- Does your family have a history of eye problems such as glaucoma, cataracts or other ailments?

To learn more and to find an eye doctor in your area,  
visit: [www.eyesiteonwellness.com](http://www.eyesiteonwellness.com)



These materials are designed to provide general information regarding health care topics, do not constitute professional advice nor establish any standard of care, and are provided without representations or warranties of any kind. Quotations, photos and videos are not from actual patients and your experience may be different. Your treating health care professionals are solely responsible for diagnosis, treatment and medical advice. The eye care professionals in your plan are independent practitioners who exercise independent professional judgment and over whom EyeMed has no control or right of control. They are not agents or employees of EyeMed. Eye care professionals do not take the place of your physician.

© 2013 EyeMed. All Rights Reserved.



## What to bring:

- Your current contact lenses or eyeglasses if you have them, and a copy of your last prescription for glasses and contact lenses, if available.
- Your vision insurance card (if needed).

## What to ask:

- How is my vision? What are my vision correction options? What's going to provide the best vision and the most flexibility given my activities and needs?

And, of course, if anything is confusing during the examination, you shouldn't hesitate to ask questions of your eye care professional.

Article information courtesy of Johnson & Johnson Vision Care Inc., makers of ACUVUE® Brand Contact Lenses. Visit [www.acuvue.com](http://www.acuvue.com) for more information. ACUVUE® is a trademark of Johnson & Johnson Vision Care, Inc. ©Johnson & Johnson Vision Care, Inc. 2011. Sources Consulted: Johnson & Johnson, "Contact Lenses: What to Ask the Eye Doctor," 2010

**WARNING:** UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. **NOTE:** Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information. **Important information for contact lens wearers:** An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional.

To learn more and to find an eye doctor in your area,  
visit: [www.eyesiteonwellness.com](http://www.eyesiteonwellness.com)



These materials are designed to provide general information regarding health care topics, do not constitute professional advice nor establish any standard of care, and are provided without representations or warranties of any kind. Quotations, photos and videos are not from actual patients and your experience may be different. Your treating health care professionals are solely responsible for diagnosis, treatment and medical advice. The eye care professionals in your plan are independent practitioners who exercise independent professional judgment and over whom EyeMed has no control or right of control. They are not agents or employees of EyeMed. Eye care professionals do not take the place of your physician.

© 2013 EyeMed. All Rights Reserved.

