

New Jersey Contact Lenses  
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## Turning Eyeglasses Into *My Glasses*<sup>™</sup>



### You've Come To The Right Place!

Before you buy your new glasses here today, we wanted to provide you with information that will help us put together a pair that best fits your vision needs, your look, your lifestyle and the comfort and protection of your eyes.

We'll start with you and your lenses. We'll then review some tips on choosing the perfect frame as well as give you some other things to think about as you make some very important decisions.

Enjoy your visit. Simply fill out the EyeGlass Guide questionnaire and share it with us here today.

We'll help you turn your eyeglasses into *my glasses!*

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone Number

Complete this section on your own:

### My Life.

Your lifestyle plays an important part in selecting the glasses that best fit *you*:

Yes / No

- Do you spend a lot of time in the sun?
- Do you spend a lot of time in front of the computer?
- Are you active in sports?
- Do you do a lot of driving?
- Any special close-work hobbies?
- Do you spend a lot of time near water or snow?
- Do you work outdoors?

### My Lenses.

There's more to good vision than just seeing 20/20:

Yes / No

- Do you have a strong prescription?
- Trouble seeing close up?
- Problems with your distance vision?
- Do you take any medications that can affect your vision?
- Any vision issues related to aging?
- Do you suffer from eyestrain and fatigue?
- Are you concerned about protection from harmful UV rays?
- Are you bothered by glare or harsh lens reflections?
- Have you thought about photochromic lenses that darken outdoors, lighten indoors and block UV?

## Multiple Pairs.

For many people, one pair of glasses can't do everything:

Yes / No

- Have you thought about polarized sunglasses?
- Sports glasses?
- Glasses for reading only?
- Clip-ons?
- Computer glasses?
- Impact-resistant safety glasses?

## My Frames.

After you've chosen your lenses, it's time to select your frames.

\_\_\_What materials should I choose?

Looking for metal for strength and flexibility?

The contemporary style of rimless frames?

The timelessness of plastic? Hypoallergenic frame materials like titanium? We can help you select the frames that are right for you

\_\_\_What colors work best for me?

Your frame color should complement your skin tone and hair color. Generally, cool complexions with blue or pink undertones look best in black, magenta, pink or blue frames. Warm complexions with yellow undertones look best in camel, khaki, gold, peach or orange frames.

\_\_\_What shape should I choose?

Contrast the shape of the frame with your face.

See the accompanying chart for more information!



### Oval Face

Most any frame shape can work for you. It all depends on your style.



### Round Face

Geometric frames create definition.



### Square Face

Rounded, cat-eye or oval frames soften angular features.



### Triangle Face

Aviator or geometric frames add width.

Complete this section with your eyecare professional

## My Glasses.

Turning eyeglasses into my glasses. Building eyewear that fits you and your own special needs. That's what these checklists are designed to help you with. To complete yours, please review the following with your eyecare professional - your ultimate eyeglass guide!

I'm thinking about:

### My Lenses:

- Thin, lightweight lenses
- Strong, durable lenses
- No-line bi-or tri-focals
- Anti reflection
- Transitions photochromic lenses
- UV protection
- Improved night vision
- Reduced glare
- Other

### My Frames:

- Lightweight
  - Strong
  - Flexible
  - Hypoallergenic
  - What's your face shape?
  - Oval
  - Round
  - Square
  - Triangle
- What's your skin tone?
- \_\_\_\_\_

### Additional Pairs:

- Polarized sunglasses
- Sports glasses
- Readers
- Computer glasses
- Safety glasses
- Other

## Eyecare Professional Comments/Suggestions

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