



Tips for Selecting an Eye Doctor

Choosing an eye care professional is an important decision. Learn tips for selecting an eye doctor for an optimal vision experience.

- 1 Choosing an eye doctor to maintain a lifetime of good vision is an important health decision.
- 2 You need regular eye exams even if you do not notice any vision problems. If you are experiencing vision problems, the nature of the problems may determine the type of eye doctor you choose.
- 3 There are two types of eye doctors:
 - a. An Optometrist performs eye examinations and writes prescriptions for corrective lenses. Most Optometrists can diagnose and treat some medical eye conditions and prescribe certain medications.
 - b. An Ophthalmologist is a medical doctor treating eye diseases and conditions. Ophthalmologists perform surgery for cataracts and other eye conditions.
- 4 Determine if the eye doctor is an authorized provider under your insurance plan. Typically you can get this information by calling the doctor's office and giving them your insurance information, or consulting your insurance plan.
- 5 Optometrists and Ophthalmologists use a refraction test to determine the appropriate lens power needed to compensate for any refractive error (error in the focusing of light by the eye). Ask your eye doctor what refractive tests they offer, as new technology can reveal more about your eyes to create a better vision correction.
- 6 Some Optometrists use advanced technology to understand your vision condition more deeply than a standard eye test can. One example is i.ProfilerPlus® by ZEISS which maps subtle imperfections in the eye. This allows the Optometrist to create a super-precise eyeglass prescription that can improve night vision, contrast perception, and even color perception.
- 7 Ideal vision can only be achieved if the lenses are customized for the way you wear them. Many eye doctors use i.Terminal® by ZEISS to measure the distance of the lenses from your eyes, and the tilt and wrap of the frame as you wear it. These measurements are taken with an accuracy of 1/10th of a millimeter, and are incorporated into the design of your lenses.
- 8 When inquiring about services, ask what types of lenses the practice offers as all lenses are not created equal. The lens choice can make a big difference in the quality of your visual experience.
- 9 Be sure to get a copy of your prescription should you need to replace your glasses while you are on vacation or traveling.

