



One pair of shoes won't work for every activity. Neither will one pair of glasses.

Most people need at least 2 pairs - one for indoor use, and one for sun protection. If you have reached presbyopic age (generally around age 40) you may want to consider adding a pair with lenses designed for specific tasks such as computer use.

While your eyecare provider is your best resource for recommendations about lenses and treatments that will meet your visual needs, here are a few things for you to consider:

Everyday Glasses

Your everyday glasses are one of the most important things that you own. In addition to being a fashion statement, they are your window to the world. Glasses should always include protection against UV rays and AR coating to reduce glare. There are many features beyond these two that your eyecare provider can recommend to make certain that your glasses offer the best possible solution for your visual needs.

Daytime Driving and Outdoor Activities

Polarized lenses will protect your eyes from the damage caused by the sun's UV rays. Polarized lenses eliminate all types of glare, enhance contrast to help you see clearly, and provide maximum UV protection.

Outdoor Sports

In addition to polarized lenses, there are lenses designed with optics that are optimized for sports and other activities such as golf, water sports, and shooting. Intermediate and near-vision optics are positioned in a way that won't interfere with the distance vision line of sight.

Computer and Digital Device Use

Today's lifestyle includes many hours per day spent viewing digital devices such as computers, smartphones, and tablets. If you spend a significant amount of time at a computer or using other digital devices, consider lenses specifically designed to prevent digital eye strain. The optics of computer glasses are positioned higher and wider to create 180 degree vision at monitor and keyboard level, while still working for reading or other close-up tasks, and blue light filtering lenses and coatings work to protect your eyes from digital eye strain.

Safety Glasses

You may be required by law to wear safety glasses in your occupation. They must be stamped with the appropriate Z87 marking based on the requirements of your occupation. Your eyecare provider, in conjunction with the safety/human resource manager at your place of work, can assist you in making the right choice.

Fashion

While eyeglasses and sunglasses serve the practical purpose to enhance your vision, they're now also considered must-have style accessories featuring on-trend colors, shapes and details interpreted from fashion runways. With endless eyewear styles and many lens options available, there's no reason to stop at just one pair. Start a collection of glasses to complement your ever-changing look and meet your eyewear needs.



THE VISION COUNCIL

