



Shopping around for contact lenses

Many people wear contact lenses. But you don't have to buy your contacts from your eye care provider. You can choose to get your contacts prescription from your provider and then shop around for lenses.

GET AN EYE EXAM

Before you go shopping for lenses, make sure your eyes are healthy. See your eye care provider regularly. Your provider might be an optometrist or ophthalmologist, depending on your needs.

During your visit, your provider will check your eyes and determine your contact lens prescription.



GETTING YOUR PRESCRIPTION

Your eye care prescriber can give you your prescription after your exam. Your provider cannot charge you for your prescription. You may have to pay for the eye exam and contact lens fitting.

WHAT SHOULD MY PRESCRIPTION INCLUDE?

Your contact lens prescription must include:

- Your name
- Date of your eye exam
- Date of prescription
- Doctor's name, mailing address, phone number and fax number
- Power, material, and/or manufacturer of the prescribed lens
- Base curve of the lens
- Diameter of the lens, when needed