



FOCUS ON EYE HEALTH

A Clear View: Understanding Anti-Reflective Coatings

Benefits of Anti-Reflective Coatings

Vision correction goes beyond visual acuity. When selecting lenses that best fit your vision needs, your optician may ask if you would like to add an anti-reflective coating. There are many benefits to adding an anti-reflective coating to your lenses that can improve your experience when wearing glasses.



Are your days spent primarily outdoors? Anti-reflective coatings are effective in minimizing reflections of bright lights off of the lenses while allowing 99.5% of available light to pass through the lens and eye. The result allows for stronger visual acuity.¹



Many drivers struggle with the glare of other lights when driving at night. Adding an anti-reflective coating can help reduce glare from being a distraction while on the roads.¹



Does your day include extensive screen time? Anti-reflective coatings with blue light protection may help reduce symptoms of digital eye strain. As a bonus, they minimize the appearance of a glare on your lenses, creating a more natural look.¹

Picking The Right Anti-Reflective Coating For You

- Discuss dust-repellant options with your optician as these materials can help keep the lenses protected and clean.²
- Adding a coating on the inside of the lens is an option for protecting your eyes when you're facing away from the sun.¹
- Anti-reflective coatings are a good enhancement to a polycarbonate or high-index lens which reflect more light.¹



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The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. All About Vision (<https://www.allaboutvision.com/lenses/anti-reflective.htm>) 2. Consumer Reports (<https://www.consumerreports.org/health/what-you-need-to-know-about-eyeglass-lens-coatings-a4818329583/>)



- Select Target Optical™ locations are in-network for VBA members. We also offer additional discount benefits exclusively for members. See a Target Optical store associate for details.
- At Target Optical™ you can find a variety of lens options to fit your prescription needs and lifestyle, as well as your budget. Choose from single to multi focal, anti-reflective coating, UV protection, blue-violet light filtering, and light responsive lenses.

Caring For Glasses With Anti-Reflective Coating



- Wet your glasses first to avoid scratches.
- Use cleaning products that are optician-recommended to ensure the coating stays protected from harsh chemicals.
- Use a lens cloth as they are made with materials safe for glasses. Avoid using your clothes or household products like paper towels.