



FOCUS ON EYE HEALTH

See Clearly with Contact Lenses



When It Comes to Vision Correction, Contact Lenses May Be the Right Fit for You.

Contact lenses are a convenient tool for vision correction. Whether you're nearsighted, farsighted or have an astigmatism, your eye care provider may present contact lenses as an option.

What Are the Most Common Types of Contact Lenses?

Like eyeglasses, not all contact lenses are the same. Take a look at the most common types of lenses and how they are worn.

- **Soft Contact Lenses:** Soft contact lenses are most commonly worn. Due to their soft and flexible material, they can be more comfortable and easier to adjust to. ¹
- **Daily Wear:** Daily wear contact lenses are worn when you're awake and must be removed before going to sleep². They are available as daily disposable, as well as bi-weekly or monthly. ³
- **Extended Wear:** Extended wear contact lenses can be worn while sleeping, but must be cleaned at least once per week. ²
- **Rigid Gas-Permeable (RGP) Contact Lenses:** RGP lenses are the most common type of hard contact lens. Made from a combination of plastic and other materials, RGP lenses hold their shape well while still allowing oxygen to flow through the lens to your eye. ²

How Can I Take Care of My Contact Lenses Properly?

To enjoy the comfort and benefits of contact lenses, it's important wearers maintain healthy wear and care habits.

- Consider daily disposable contact lenses for a convenient, hygienic option. ³
- Always wash your hands with soap and water before touching your contact lenses or eye. ⁴
- Do not rinse or store contact lenses in water. ⁴
- Avoid wearing contact lenses while showering or swimming. ⁴
- When storing contact lenses, always use fresh contact lens solution. ⁴
- Follow the schedule recommended by your eye care provider for wearing and replacing your contact lenses. ⁴

VBA offers plans that provide easier access to vision care.

To learn more, visit vbaplans.com.

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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. National Eye Institute (<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/contact-lenses>) 2. American Academy of Ophthalmology (<https://www.aaopt.org/eye-health/glasses-contacts/contact-lens-102>) 3. LensCrafters (<https://www.lenscrafters.com/lc-us/vision-guide/contact-lenses-information>) 4. American Academy of Ophthalmology (<https://www.aaopt.org/eye-health/glasses-contacts/contact-lens-care>) 5. American Optometric Association (<https://www.aoa.org/healthy-eyes/vision-and-vision-correction/healthy-vision-and-contact-lenses?ss=oy>). 6. All About Vision (<https://www.allaboutvision.com/contacts/disposable.html>)

Find the Right Fit

All contact lenses are considered a medical device and require a prescription. If you are looking to try out contact lenses, your eye care provider will provide you with the right lenses, lens care kits and instructions for wear and care. ⁵

Keep Them Clean!

Hygiene is an extremely important part of being a successful longterm contact wearer. Proper hygienic care will protect your contact lenses and prevent eye infections. ⁵

Did You Know?



According to LensCrafters, over 30 million Americans wear contact lenses. ³



Daily disposable contact lenses eliminates the protein, calcium and other substances that cleaning solutions can leave behind. ⁶



Contacts make active lifestyles less complicated. They won't interfere with safety gear or fog up in warm and cold conditions. ⁵