

Understanding Yourself

Make Your Eyeglasses Work For You ®

(NAPSA)—Are you getting the most out of your eyeglasses? Various lifestyles, occupations and activities require different types of lenses and frames. Matching your unique lifestyle with appropriate eyewear will not only improve and protect your vision, but also enhance performance and increase comfort of your eyewear.

- **Career Oriented:** There are many lens options available to make your life easier at work, such as anti-reflective lenses, which eliminate glare and reduce eye-strain, progressive lenses that improve vision at all distances and computer lenses for those who may suffer from computer eyestrain due to long hours looking at the screen.

- **Outdoor Enthusiast:** Put safety, comfort and performance-enhancing options at the top of your list no matter what activity you choose. Consider polycarbonate or Trivex lenses for maximum impact resistance or custom tints to enhance performance in sports such as golf, fishing and skiing.

- **Commuter:** Make polarized sunglasses part of your everyday wardrobe, as they shield damaging UV rays and reduce glare for a stress-free and safer driving experience.

- **Fashion Forward:** Keep your eyewear looking just as good as the rest of you. Think about options that offer you the thinnest profile, such as a combination of high-index materials, anti-reflective treatments that make lenses nearly invisible or progressive lenses in place of bifocals to mask aging.

To learn more about eyewear to fit your lifestyle, you can visit www.thevisioncouncil.org/consumers.