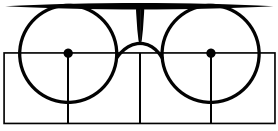
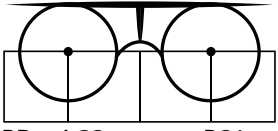


Instructions for completing the order form for the lenses of your eyeglasses

It's necessary for you to first receive accurate measurements from your eye specialist or optician before purchasing glasses. He will provide you with a prescription or detailed report regarding your exact values. In case you are wondering what it all means, we have prepared a quick overview of which values matter for ordering eyeglasses and why. When completing your order, double check everything, especially whether you have not mixed up your right (R or OD) and left (L or OS) eye's parameters.

How to read your prescription for eyeglasses?

DISTANCE VISION		SPH	CYL	AX	LENS TYPE
 <p>PD: L R</p>	R				
	L				
NEAR VISION		SPH	CYL	AX	LENS TYPE
 <p>PD: L33 R31</p>	R	-1,75	+0,75	19	
	L	-1,25	-0,25	50	

For example, the prescription could look something like this. The exact format may differ for certain doctors.

Some eye specialists mention only one PD value when measuring. If that's the case, you will need to divide it by 2 to get the right and left eye's values.

Sphere (SPH) - this indicates your spherical dioptre or power. You'll see it as a plus (+), if you're long sighted, or minus (-) value, if you're short sighted. If the dioptre field is with an equals sign (=), then select the negative (-) value in the form as well. If the dioptre field is not filled in, or if zero has been entered here, then select 0.00 in our order form.

Cylinder (CYL) - This value indicates a condition called "astigmatism". This means that the cornea is irregularly shaped, which this cylindrical dioptre corrects. If your prescription does not contain a value for CYL, enter 0.00 cylinder in our form when ordering.

Axis (AX) - Indicates the position of astigmatism on the eye, in degrees. If the prescribed value is not filled in, enter 0 in our form when ordering.

Pupillary Distance (PD) - This value shows the distance between your pupils in millimeters. The exact distance is important in order for us to correctly centre the lenses in an optimal position. For most people, the distance from pupil to the bridge of the nose is between 28-35 millimeters, however, there are exceptions. If your doctor or specialist has not added this to your prescription, you can measure it yourself with our PD measurement tool (found on our website). If you notice just 1 PD value on prescription, divide it by 2 to get the right and left eye's value (for example: 61: 2 = 30.5).

Fill in your prescription

	Diopter	Cylinder	Axis	Pupillary distance (PD)
Right eye	-1.75 ▼	+0.75 ▼	19 ▼	31 ▼
	Diopter	Cylinder	Axis	Pupillary distance (PD)
Left eye	-1.25 ▼	-0.25 ▼	50 ▼	33 ▼