**Congratulations on your new pair of glasses!**

* **You have received glasses because they help you to see better.**
* **This document helps you to know when to use your glasses and for what they should be used for.**
* **Read only the sentences next to the to know how to use your glasses**

**□** **You received regular glasses. These are glasses most people wear for example for reading, for driving or to see better in general.**

□ You should wear them all day long.

□ You should wear your glasses only when you are looking at things that

 are far away such as movies or while walking and biking on the streets.

□ You should wear your glasses only for looking at close objects such as

 computer screens, books, papers, while writing, or other activities within 1

 meter or arm’s length.

□ **You received sports glasses. These are glasses with a thicker frame**

 **designed to protect your eyes during sports.**

□ You need to wear them during sports training and competition for

 protection as well as helping you to see better.

□ You need to wear your sport glasses all the time for protection because

 you use only one eye for seeing.

□ **You received two pair of glasses, one regular glasses and one sport**

**glasses**

 □ You should wear the regular glasses for any time you are not involved in

 sports activities and wear the sports goggles while participating in sports.

□ **You have received glasses with strong prescription**.

□ To make you comfortable with your new glasses the power of the glasses was reduced a little bit. After a few months you may not see as clearly, at that point please see your eye doctor to have your eyes checked again.

Thank you for participating in the Special Olympics vision screening.

If you have any questions, please call ***Fill in with clinical director information*** for additional information.