

## **REFRACTION: *Frequently asked questions***

### ***What is a refraction?***

A refraction is an important part of an eye examination. It is the test that measures a person's prescription for eyeglasses or contact lenses. A refraction is the test that uses lenses and instruments to see how well your eyes focus on objects at different distances. "Which is better, 1 or 2?" The goal is to find the best prescription for you to correct your vision.

The refraction test also helps us monitor the health of your eye by determining your best possible visual acuity. This helps us in monitoring conditions such as cataract, macular degeneration and other diseases and normal aging in the eye.

### ***Why do I need a refraction?***

You will need a refraction if you visit your eye doctor for a yearly eye exam. The refraction test will help measure your eyeglass prescription or need for eyeglasses. This is important to ensure you get the correct vision correction devices which will give you visual comfort and clarity. Your doctor may also perform a refraction to monitor eye conditions and the need for surgical procedures such as cataract surgery to improve your vision or the health of your eyes.

### ***How is the test performed?***

You will sit in a chair that has a special device (called a phoropter or refractor) attached to it. You will look through the device and focus on an eye chart. The device shines a specialized light in your eye. It also uses lenses of different strengths that can be moved into your view. You will be asked which view is better. The test is performed on one eye at a time.

### ***How should I prepare for this test?***

If you wear contact lenses, you will be asked to remove them for this test.

## ***How often should I have a refraction test?***

Normally, people with a refraction error should have an eye exam every year. Your doctor will determine the frequency of your eye exams based on your individual needs. If your vision becomes blurry, worsens or if there are changes, you should schedule an exam right away.

After the age of 40 (or for people with a family history of eye disease), eye exams should be scheduled at least once yearly to test for glaucoma or other eye disease. Anyone with diabetes should also have an eye exam once a year or as recommended by their doctor. A refraction will be performed at comprehensive annual eye exams.

A refraction may also be performed before cataract surgery, after cataract surgery (when glasses are needed) and when a change in visual acuity has occurred. You can also request a refraction.

## **REFRACTION FEES and BILLING**

### ***Refraction Fees***

Conducting a refraction requires skill and experience and time to accurately determine your prescription. It also requires specialized equipment and tools that require regular calibration and maintenance. The refraction fee helps to cover these expenses. **Our refraction fee is \$55 and is collected at the time of service in addition to any co-payments your plan requires.**

### ***Does my insurance pay for a refraction?***

Refractions are considered a NON-COVERED service by Medicare and most medical insurances such as Priority Health and Blue Cross Blue Shield. They consider refractions a “vision” service and not a “medical” service. If you have vision insurance, your vision insurance policy may cover the cost of a refraction.