

# Fitting Guide

**For a fast and accurate prescription, call or fax us with your patients':**

- K readings
- Spectacle Rx
- Add Requirements

**For custom fitting, follow three steps:**

## 1 Select patient's EQ™

The LifeStyle Gp not only has an aspheric base curve, it also has EQ, a unique patented back surface geometry. The EQ is flatter than the base curve to align comfortably with the mid-periphery of the cornea. Together, the base curve and the EQ provide patients with a standard near add of +1.75D. The LifeStyle Gp is fit on the EQ and **NOT** the BC.

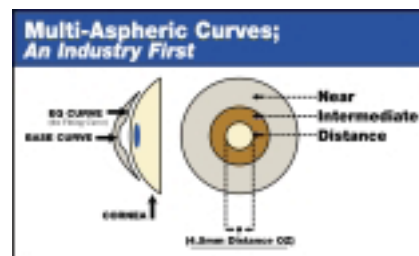
To determine the EQ, start with the patient's K readings.

*If the patient has a corneal astigmatism of:*

- **Less than 1.0 diopter**, subtract 1.0 D from the steep K, convert to millimeters and round off to the nearest tenth.  
**Example:** 43.00D x 43.50D. Subtract 1.0D from the steep K: 43.50D - 1.0D = 42.50D = 7.94 mm = 7.90 EQ

*If the patient has a corneal astigmatism of:*

- **One or More diopter**, convert Flat K to millimeters and round off to the nearest tenth.  
**Example:** K's: 43.75D x 45.50D Flat K = 43.75D = 7.71mm = 7.70 EQ



## 2 Determine the diameter; start with the EQ

EQ	Diameter
7.00 - 7.80	9.0
7.90 - 8.30	9.5
8.40 - 8.90	10.0

### Exceptions:

- 1.50D - 2.50D corneal astigmatism use **9.5 dia.**
- More than 2.50D of corneal astigmatism use **10.0 dia**

## 3 Determine Lens Power:

- Distance:**
1. Use patients spherical power when in minus cylinder form +/-5.00D vertex at 12mm
  2. Add -0.50D to compensate for tear layer

**Near:** Select Standard or High Add

Standard: Progressive up to +1.75D. High Add: (+2.00 to +3.75D) Additional plus added to front, in 0.25D steps.

### Parameters:

**Power:** -20.00 thru + 12.00D

**Materials:** Featured in SGP II

**Add:** +1.50 to +3.75D, in 0.25D steps

**EQ:** 7.00 thru 8.90mm in 0.1mm steps

**Dist. Zone:** standard: 4.5mm

**Diameter:** 9.0, 9.5, 10.0, 10.5

range: 3.0 small thru 6.0 large

### Customizing the central distance zone size

Adjusting this zone is a great way to improve vision, particularly when you do not want to change the fit. A **smaller** central distance zone will bring the near portion of the lens closer to the pupil and improve near vision. A **larger** central distance zone will improve distance vision. You can order the central distance zone on the front surface of the LifeStyle Gp in sizes from 3.0mm to 6.0mm in 0.50mm steps. If you do not specify a size, you will receive the standard size of 4.5mm.

### Spectacle blur...

Check corneal curvature immediately upon lens removal and compare to the base K line readings.

If you observe corneal flattening, steepen the lens. If you observe corneal steepening, flatten the lens.