Slide 1 – What Is an Eyeglass Prescription (Rx)?

Definition: An eyeglass prescription (Rx) is a written record from your eye doctor listing the exact lens powers you need for clear vision. Each eye can have different values that describe how strong, thick, or shaped your lenses must be.

Who It's For: Everyone who needs correction for distance, reading, or both.

Benefits:
• Lenses made precisely for your eyes.
• Avoids eye strain or headaches.
• Helps you pick the right lens type.

Also known as: Eyeglass prescription, spectacle prescription, optical Rx, doctor's vision slip.

Slide 2 – Sphere (SPH)

Definition: SPH shows how strong your lenses need to be to correct nearsightedness (–) or farsightedness (+). It always includes a sign.

Who It's For: Anyone needing clearer near or far vision.

Benefits:
• "–" = nearsighted (blurry far).
• "+" = farsighted (blurry near).
• 0.00 (Plano) = no correction.

Also known as: Lens power, main correction, distance or reading strength.

Slide 3 – Cylinder (CYL)

Definition: CYL corrects astigmatism — when your eye is slightly football-shaped, causing stretched or shadowed vision.

Who It's For: Anyone diagnosed with astigmatism.

Benefits:
• Sharper, more uniform vision.
• Reduces ghosting or double outlines.
• Improves reading and night driving comfort.

Also known as: Astigmatism correction, cylinder power, toric correction.

Slide 4 – Axis

Definition: Axis (0°–180°) shows where your astigmatism correction is placed in the lens.

Who It’s For: Anyone with a CYL value (only shown when astigmatism is present).

Benefits:
• Positions correction at exact angle.
• Prevents tilted or blurred vision.

Also known as: Astigmatism angle, axis degree, lens rotation angle.

Slide 5 – ADD (Addition)

Definition: ADD is the extra magnifying power at the bottom of your lenses for reading or close-up work. Used in progressive and bifocal lenses.

Who It's For: People aged 40+ (presbyopia).

Benefits:
• See near and far clearly in one pair.
• Easier reading and computer use.
• Always positive (+), e.g., +2.00.

Also known as: Near addition, reading add, bifocal add.

Slide 6 – Do I Need ADD for Single Vision?

Definition: Single Vision lenses have one consistent power — for distance, reading, or computer. They do not include near and far powers.

Who It's For: Users needing only one vision range.

Benefits:
• Simpler and lighter.
• Ideal for reading-only or distance-only.
• ADD not required.

Comparison:
Single Vision – No ADD
Progressive/Bifocal – ADD required.

Slide 7 – PD (Pupillary Distance)

Definition: PD measures the distance between the centers of your pupils (mm). Ensures optical centers align correctly.

Who It’s For: All prescription lens wearers.

Benefits:
• Prevents eye strain and distortion.
• Improves comfort and focus.

Also known as: Eye-to-eye distance, PD measurement.

Slide 8 – PH (Pupillary Height)

Definition: PH is the vertical distance from the bottom of the lens to your pupil center. It ensures lenses align correctly with your eyes.

Who It's For: Required for progressives and bifocals; optional for single vision.

Benefits:
• Aligns vision zones naturally.
• Improves comfort during reading or computer use.

PantoGlasses Note:
For orbitally shaped PantoGlasses, average PH = 27.5 mm will be used unless you provide another measurement. You can leave this field blank.
Options: PH (same for both eyes) or PH (individual per eye).

Slide 9 – SH (Segment Height for Bifocals)

Definition: SH measures the distance from the bottom of the lens to the top of the bifocal reading segment. Defines where near vision starts.

Who It's For: Bifocal lens users wanting a defined reading area.

Benefits:
• Precise reading zone placement.
• Comfortable posture.

Also known as: Segment height, bifocal fitting height.
Tip: If not provided, we'll use average SH for your frame.

Slide 10 – OD & OS (Right & Left Eye)

Definition: OD (Right Eye), OS (Left Eye). Each eye can have unique SPH, CYL, and Axis values.

Benefits:
• Ensures correct power per eye.
• Prevents reversed or mismatched lenses.

Slide 11 – Prism (if present)

Definition: Prism corrects eye alignment or double vision by slightly shifting the image.

Who It’s For: Users with diagnosed alignment or convergence issues.

Benefits:
• Reduces double vision.
• Helps both eyes work together.

Also known as: Prismatic correction, alignment adjustment.

Slide 12 – Example Prescription

Term	Example	Meaning
SPH	–2.50	Nearsighted correction
CYL	–0.75	Astigmatism correction
Axis	90°	Orientation of correction
ADD	+2.00	Reading boost
PD	63 mm	Distance between pupils
PH	27.5 mm	Height from lens bottom to pupil
SH	15 mm	Bifocal segment height

Slide 13 – Quick Summary

SPH: Power for near/far vision
CYL: Astigmatism correction
Axis: Direction of correction
ADD: Near addition
PD: Pupillary distance
PH: Pupillary height (27.5 mm default)
SH: Bifocal segment height
OD/OS: Right/Left eye
Prism: Eye alignment correction

Questions? Contact **support@pantoglasses.com** for guidance.