How to order your eyeglasses from the VA

1. You need to be enrolled in the VA Portland Health Care System and eligible for VA issued eyeglasses.
2. We will need a copy of your current eyeglass prescription (Rx) from your provider. If it was done at the VA, we should have it in your record.
3. Select a frame -- see document How to Select a Frame for Eyeglasses and Eyeglass Frame Selection for VA Portland HCS.
4. Select a lens style

   a. Single Vision (no bifocal)

   b. Bifocal

   c. Trifocal

   d. Progressive (no-line bifocal)
5. Obtain measurements -- see document How to measure your Pupillary Distance.
   a. For measurements regarding the height of the bifocal, trifocal, or progressive lens, the optical shop can extrapolate the height from your previous pair of glasses, in most cases.
   b. If there is no current segment height to base our calculations, then follow these steps:
      i. Using a millimeter ruler, measure the lens height (B measurement) of your current pair of glasses from the top of your frame, to the lowest point of the frame.
      ii. Then measure the bifocal or trifocal height from the top line of the bifocal or trifocal to the bottom of the lens.
      iii. For Progressive lenses, use a mirror to measure the distance from your pupil to the lowest point of your eyeglasses frame. (You can also mark the middle of your pupil using a dry erase pen, and then measure from that mark.)

6. Submit request with your Rx by fax or secure message with the following information.
ATTN: OPTICAL SHOP

Total number of pages sent including cover sheet: ______

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Name_________________________________Last4_____________ Birthdate______________

Phone:________________________________________________________________________

Shipping Address:_______________________________________________________________
______________________________________________________________________________

Frame name, size, color:__________________________________________________________

Lens Style:_____________________________________________________________________

PD:__________________________________________________________________________

Your Current Segment Height:_____________________________________________________

Your Current Frame Height (B measurement):________________________________________

Other instructions or requests:_____________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________