



Welcome to Monte Vista Optometry! We are glad you have chosen us for your eye health and vision care. In order for us to best serve you at your first visit, we request you review the following items and bring the necessary information to your appointment.

New Patient Forms: This packet is available on our website or in print at our office. It includes general contact information, insurance information, and questions about your eye health as well as your overall health. Please ensure you include all the medications you take, including vitamins, supplements, prescription eye drops and over the counter eye drops. If it is more convenient you can bring in your medication bottles or a medication list and we can copy the information we need.

Insurance Cards: Please bring in any information you have regarding both vision insurance and medical insurance plans. We keep a copy of your medical insurance card on file to use for office visits or testing that is not covered by your vision plan.

Eyeglasses: Please bring all the glasses you use, including prescription glasses, non-prescription reading glasses and sunglasses. We will measure your current eyewear and your doctor will discuss with you any changes to optimize your vision.

Contact Lenses: If you wear contact lenses, please wear your lenses to your appointment. Your doctor will assess the fit and health of those lenses on your eyes. Please bring any information you have regarding the brand and power of those lenses; this may be the boxes the lenses came in, or a prescription from your last exam. Please also bring the solutions that you use to care for your contacts.

Optomap: As part of a comprehensive eye exam, your doctor needs to evaluate the internal health of your eyes. Our office is pleased to offer the Optomap, a wide field digital image of your eyes that your doctor will review with you and save to your file for your future visits. In most cases, taking the Optomap images means you will not need eye dilation. This test is not covered by insurances and costs \$35. Alternatively, we can evaluate your eye health with eye dilation. This is a procedure where your doctor uses eye drops to temporarily enlarge your pupils. The side effects include light sensitivity and mild blurred vision for 2-4 hours. This test is included as part of your exam at no additional cost. We will discuss which test you would prefer at check in.

If you have any questions about these items please don't hesitate to contact our staff - we are happy to assist you.