

Contact lenses -

everything you need to know about the alternative to glasses

It doesn't always have to be a new pair of glasses – sometimes contact lenses can also deliver optimal vision: on holiday, when playing sports, for purely cosmetic reasons or even for health reasons, contact lenses are an appealing alternative to glasses. But this isn't always the case. Most contact lens wearers reach for their glasses in the evenings to give their eyes a chance to relax. And did you know that even when wearing contact lenses with integrated UV protection, you should also use sunglasses to avoid radiation damage? Contact lenses with UV protection don't completely cover the eyes and so don't provide sufficient protection. Read on to find out everything you need to know about contact lenses and how you can get exceptional vision without wearing glasses.



Contact lenses or glasses?

Both are a good choice. It's really a matter of taste – and a matter of what's good for your eyes

[Understanding Vision](#) 16/10/2017

Tags: Contact Lenses





10 tips for wearing contact lenses

What contact lenses are available, what can they do and what aspects are important to provide you with better vision?

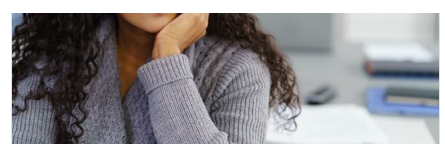
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EnergizeMe Spectacle Lenses

For contact lens wearers

18/10/2017



Glasses, contact lenses or laser surgery – what's right for you?

Around half the population has a vision problem. However, this is now easy to correct since there is a suitable solution for virtually all vision problems.

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The ZEISS Online Vision Check

How well do you see contrast and color? Check your vision quickly and simply here!

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My Vision Profile

Determine your personal visual habits now and find your individualised lens solution.

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