



# Eye Exams, Glasses and Contact Lenses



There are ophthalmologists, optometrists and opticians. The three eye care professions differ in the level of their training and expertise and what they can diagnose and treat:

**Ophthalmologists** are medical doctors (Eye M.D.s) who went to medical school and received additional training. They are licensed to practice medicine and do surgeries. They are trained to treat all eye conditions. Some may have specialties. While they can also do simple exams in order to prescribe eye glasses or lenses, they will be more expensive than other eye professionals.

**Optometrists** provide primary vision care, primarily including eye exams and vision tests. They are not medical doctors, but received their training at an optometry school and are doctors of optometry (OD). They prescribe glasses and lenses and can diagnose certain eye abnormalities. If you just need a new prescription for glasses or lenses, you most likely want to make an appointment with an optometrist who will be less expensive than an ophthalmologist.

**Opticians** are technicians who design and fit contact lenses, eyeglass lenses and frames. They do not test vision and cannot fill prescriptions for glasses and lenses or diagnose or treat eye abnormalities.

If you are not sure what a professional’s training is or if you should see an optometrist or an ophthalmologist, call the office beforehand and ask.

If you are on the Duke Student health insurance plan, one eye exam per year is usually covered (with a small copay).

Getting glasses or lenses in the U.S. is expensive. You might want to consider ordering glasses online, for instance at EyeBuyDirect (<https://www.eyebuydirect.com/>). You will not be able to try frames on before ordering, but you can upload pictures of yourself and try on frames virtually. If you have a good sense of the dimensions a frame should have for you, you will save a lot of money this way. The process is very simple: You just type in the values from your prescription and the glasses will be mailed to you. – Other online companies also offer to mail frames to you for trying them on before placing your order.

<p><b>OPTIX Eye Care Center</b>  <a href="http://www.optixeye.com">www.optixeye.com</a>  <b>919.384.0784</b>  2812 Erwin Road, Suite 201, Durham, NC 27705 (in Erwin Terrace, near Sushi Love &amp; Nosh)  Mon, Wed 8:00am - 5:30pm / Tue, Thu 8:00am - 6:30pm / Fri 8:00am - 5:00pm  Eye Exam: \$105 for new patients. \$90 for established patients. (25% discount for new patients who pay cash at time of service and do not require insurance to be filed.) Discounts available for Duke students. Bring your Duke ID.</p>	<p><b>COSTCO</b>  <a href="http://www.costco.com/optical.html">http://www.costco.com/optical.html</a>  <b>919.220.2770</b>  1510 North Pointe Drive, Durham, NC 27705  This big discount membership store also has optical services, frames and lenses at discounted fees.  You must be a store member to purchase glasses and contact lenses.  Eye Exam: \$80/glasses; \$110/contact lenses</p>
<p><b>Eye Care Center (inside Northgate Mall)</b>  <a href="http://www.eyecarecenter.com">www.eyecarecenter.com</a>  <b>919.286.7732</b>  1058 W Club Blvd, Durham, NC 27701  Monday-Thursday 8am-7pm / Friday 8am-6pm / Saturday 8am-5pm  Call or stop by to find out about prices, etc.</p>	<p><b>Target Optical</b>  <a href="http://www.targetoptical.com">www.targetoptical.com</a>  <b>919.765.0011</b>  4037 Durham-Chapel Hill Boulevard, Durham, NC 27707  Monday-Friday 10am-8pm / Saturday 9am-6pm / Sunday 12pm-5pm</p>
<p><b>Duke Eye Center (eye exams only)</b>  <a href="https://www.dukehealth.org/treatments/eye-care">https://www.dukehealth.org/treatments/eye-care</a>  <b>919.551.3583</b>  2351 Erwin Road, Durham, NC 27705 (across from VA hospital)  Monday-Friday: 8am-5pm  Eye exam: \$135 and up (depending on the type of exam)</p>	<p><b>SAM’S CLUB</b>  <a href="http://resources.samsclub.com/health-and-wellness/optical/">http://resources.samsclub.com/health-and-wellness/optical/</a>  <b>919.489.8160</b>  4005 Chapel Hill Blvd. Durham, NC 27707  This big discount membership store also has optical services, frames and lenses at discounted fees.  You must be a store member to participate.</p>