

# OPTICAL B-I-N-G-O

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1hr basic General Optometry

**Description:** Everyone is a player and anyone can be a winner in this fast paced interactive game of optical BINGO. Each class participant has a BINGO card. A series of optical questions is asked of the audience and discussed in the categories of Business, Insurance, New technology, Glasses, and Ocular anatomy. The first player to get 5 answers in a row wins a FABULOUS prize and everyone goes home a winner with a better understanding of this incredible profession we spend our days in.

## Course objectives

- 1) Understand various topics in the categories of business and insurance related to Optometry
- 2) Learn about terminology and various manufacturers in the categories of new technology, glasses, and ocular anatomy
- 3) Gain from interaction with other class participants as to how this information is used in various other practices.

**RULES:** A question is read. There will be 5 possible answers for each question. The categories are:

B= Business

I= Insurance

N= New Technology

G= Glasses

O= Ocular Anatomy

The class calls out the proposed answer. The correct answer is validated and discussed. Each incorrect answer is discussed, further adding to your knowledge base. If you have the correct answer on your bingo card mark it off with an X. The first person to have 5 X's in a row up, down, or across, calls out "Optical BINGO!" You must wait till ALL 5 possible answers have been given before calling out YOUR answer.

B — Desired maximum % of office gross that is COG — 5-10%, 10-20%, 30-35%, 35-50%, 50-75%.

B — Which of the following megatrends is NOT a potential profit center —

Dry Eye Syndrome, Myopia control, Medical Optometry, Social Media, AMD prevention/low vision

B — An "eye exam" causing concern. — Eyenetra, Warby Parker, Hubble, Expressexam, Zenni.

B — Xiidra is owned by ... Alcon, Shire, Novartis, Takeda, Bauch & Lomb.

B — What is the Pantone color of the year for 2026? Cloud Dancer, Mocha Mousse, Classic Blue, Viva Magenta, Peach Fuzz.

I — CPT official refraction code — 92215, 90210, 92015, 99205, 99215. 10m

I — Govt required physician code for Medicare filing — Upin, Oscar, NSF, NPI, TIN.

I — CPT code for new patient: CC, 4 HPI+POH+PFSH, 9 exam elements, & moderate complexity DX ... 99214, 92002, V2020, 99204, 99203.

I — 3 reasons Medicare will pay — Routine exam, glasses & contacts, / EM codes, /Post Cat care/eye wear & annual diabetic exams, /ARMD, cataract & hypertension, /Myopia, astigmatism & hyperopia, / Presbyopia, readers, & glasses.

I — 2 portions patient pays on VSP — Overages & underages, Exam & contacts, Co-pay & overages, Refraction & frame, Less & less.

N — #1 laser used in LASIK — Technolas/B&L, Meditec/Zeiss, Nidek/Nidek, Wavelight/Alcon, Star4IR Viss/I&J. 20m

N — Instrument that provides full ora to ora non-dilated retinal analysis photo — Pachimeter, BIO, Keystone, OCT, Optos.

N — Daily wear, single use CL to slow myopia progression — Alcon Precision 1, B&L Biotrue, J&J Trueye, Cooper MiSight, Menicon Miru.

N — # of laser pulses to etch thru a human hair — 12, 50, 200, 555, 2500.

N — An instrument that takes automated computer analysis of the cornea using 10,000 reference points — GDx, Auto Refractor, Topographer, HRT2, Keratometer.

G — This lens is targeted at millennials and pre-presbyopes who suffer from DES, using digital aspheric HD coated lenses, to relieve and protect their vision — Essilor S series, Gunnar, PRiO, Essilor Eyezen+, Walmart Ultimate Cheaters. 30m

G — Which product is NOT an AR coating — Previa/Zeiss, BluTech/BluTech, Blue Protect/Zeiss, Recharge/Hoya, SeeCoat Blue/Nikon.

G — World's # 1 manufacturer of 1.60 & 1.67 hi-index lenses — Essilor, Hoya, Mitsui, Shamir, Zeiss.

G — Formula to calculate prism effect in a lens — Snellen law, Prentice rule, Madoff Insider trading law, Amsler grid rule, Bernoulli principle.

G — Essilor's newest lens innovation — Stellest, Essilor Eyezen+ 0, Eyezen Start, Varilux XR series, Varilux Iplexo.

O — Which factor is NOT a major contributor to ARMD — Nutrition, Gender, Age, Smoking, HEV exposure. 40m

O — A common term for amblyopia — Wall eye, Crossed eye, Blind eye, Lazy eye, Evil eye.

O — The buildup of IOP that damages nerve fibers destroying peripheral vision is called — Macular degeneration, Glaucoma, Keratoconus, Diabetes, Presbyopia.

O — A cataract is located in this structure and when it is replaced with an IOL the condition is called — Lens/pseudophake, Lens/aphake, Cornea/LASIK, Cornea/pseudophake, Cornea/aphake.

O — Callusing and fatty deposits of sclera that does interfere with vision — Pytergium, Pingecula, Peduncle, Caruncle, Astigmatism. 50m