

User guide

# mEYE™ Guide

Shorter, simpler & more effective  
myopia management conversations

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 ocumetra

# How to use mEYE™ Guide

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**mEYE™ Guide** is a communication tool for Eyecare Professionals (ECPs) and parents.

ECPs use **mEYE™ Guide** to help parents understand the impact of myopia on their child's vision, and the benefits of myopia management for their child and long-term eye health.

The **mEYE™ Guide** report is personalized to each individual child and instantly shareable as an easy-to-understand report to the parent.

# mEYE™ guide's personalized myopia report includes:

**Refraction centile graph** – this indicates how each child's refraction compares with other children of the same age and sex.

**Pre-myopia indicator** – the centile graph is used to identify pre-myopes, children who are predicted to become short-sighted as they get older who may be targeted for early intervention.

**Projected adult refraction** – the centile graph is used to predict how short-sighted the child may become as an adult without myopia management.

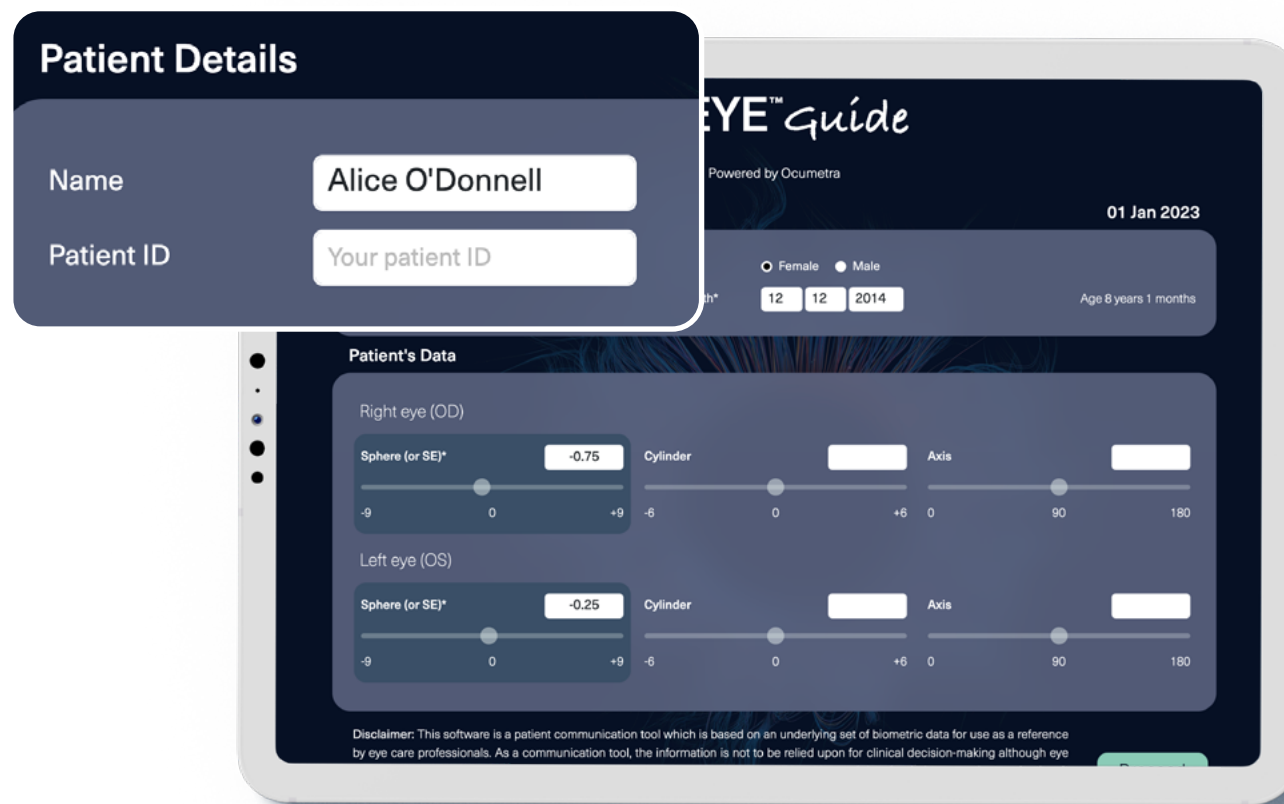
**Vision simulator** – an interactive tool designed to illustrate to parents what their child's vision is like now without their spectacles and what it could be like as an adult without myopia management.

**Treatment benefit indices** – intuitive infographic charts are used to illustrate the benefits of myopia management as a means to limit myopia progression and reduce the child's risk of developing eye health complications due to their myopia.

**Instant report sharing** – the **mEYE™ Guide** report is intuitive and is designed to be shared with parents/guardians using a QR code which they can immediately share with another parent/guardian. You can also immediately print the report or store it in an electronic record either as a hyperlink or as an image.

# Entering patient details

We begin by entering the patient's basic information; **name**, **sex** and **DOB**. **Patient ID** is an optional field.



# Refraction data

Input the child's refraction including their cylinder should they have any astigmatism.

You can, if you prefer, enter their refraction as **spherical equivalent refraction (SER)**. We would recommend entering the full refraction including any cylinder as it illustrates more accurate results on the vision simulator tool.

Refraction data can be typed directly into the field or you can use the slider toggle just below.

Once the mandatory fields are complete, click **Proceed** to generate a personalized report.

**It really is as simple as that.**

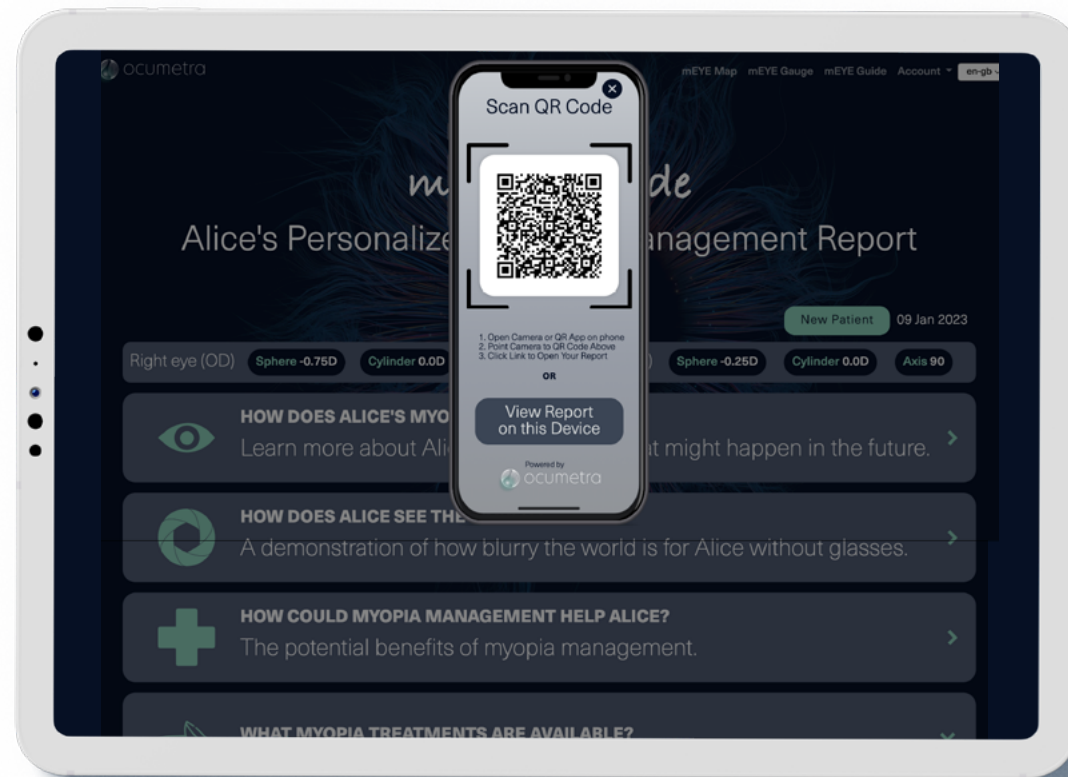
The screenshot displays the mEYE Guide app interface on a tablet. The app is titled "mEYE™ Guide" and is "Powered by Ocumetra". The date "01 Jan 2023" is shown in the top right corner. The "Patient Details" section includes fields for Name (Alice O'Donnell), Gender (Female selected), Patient ID (Your patient ID), and Date of Birth\* (12/12/2014), with the age "Age 8 years 1 months" displayed. The "Patient's Data" section is divided into "Right eye (OD)" and "Left eye (OS)". Each eye section has input fields for "Sphere (or SE)\*", "Cylinder", and "Axis", each with a corresponding slider below it. The "Right eye (OD)" section shows Sphere (or SE)\* set to -0.75, Cylinder set to 0, and Axis set to 90. The "Left eye (OS)" section shows Sphere (or SE)\* set to -0.25, Cylinder set to 0, and Axis set to 90. The sliders for Sphere (or SE)\* range from -9 to +9, Cylinder from -6 to +6, and Axis from 0 to 180.

# QR pop-up

Once you select to generate a report, a **QR code** will pop up first when viewing on a desktop.

You can invite the parent to **scan the QR code on their phone** so that they can instantly view their child's personalized report.

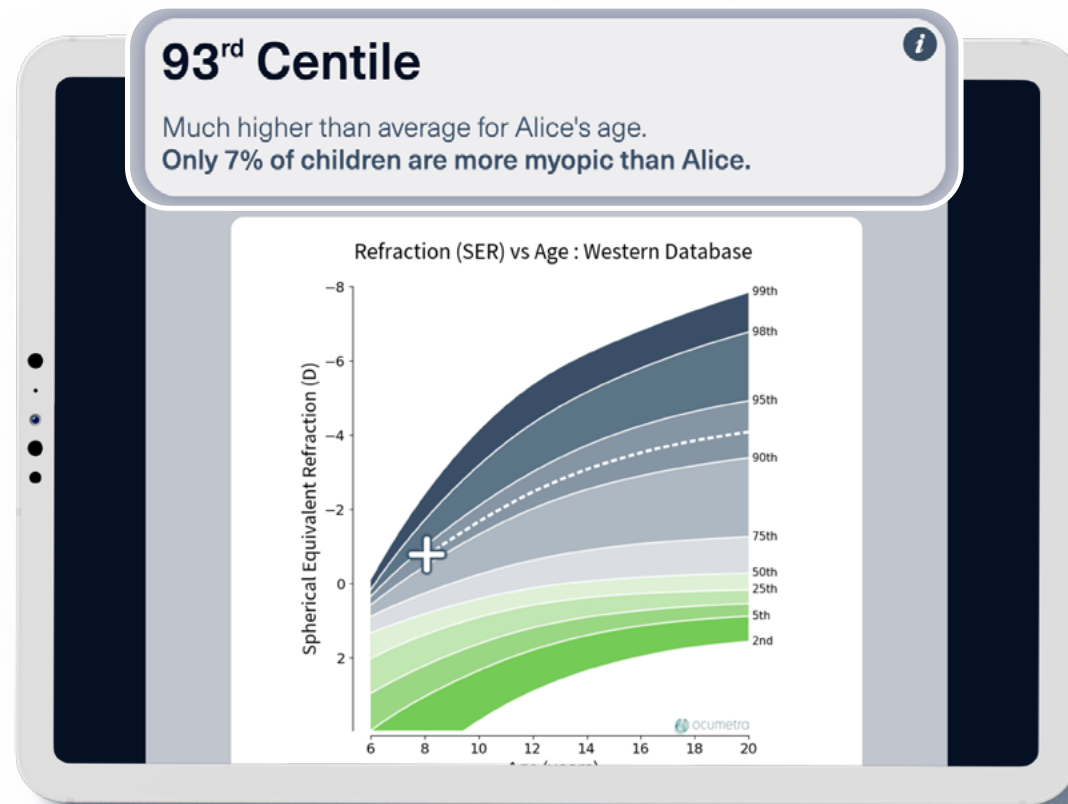
You may choose to close the **QR pop up** and view the report with the parent on your own device.



# Centile graph

The centile graph which is viewed first **compares each child's refraction to other children of the same age and sex**. The report will always show the more myopic eye first, in this example the left eye.

The centile graph is also used to **identify pre-myopes**, children who are predicted to become short-sighted as they get older who may be targeted for early lifestyle advice and parent education.



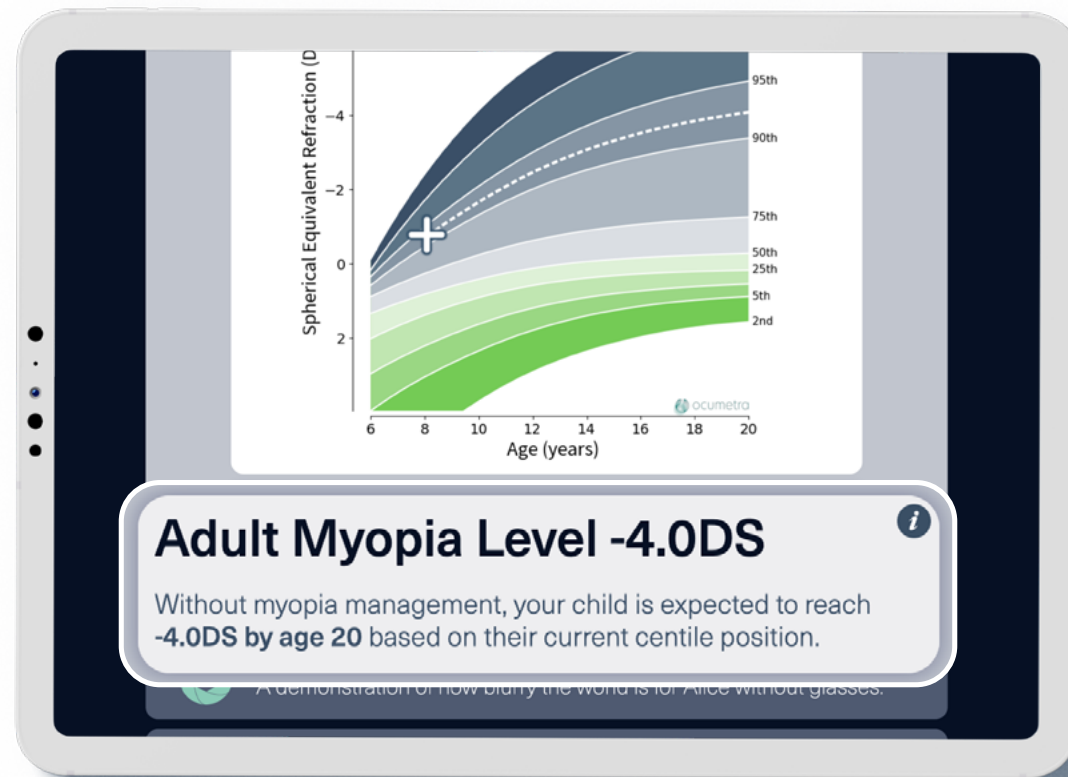


# Predicted adult refraction

Using the child's current centile position, **mEYE™ Guide** provides a **prediction on what their likely refraction could be as an adult** if they do not adopt an effective myopia management plan.

Using centile graphs in this way may be more engaging for parents as they are likely to better understand the goals and outcomes of treatment.

Use the **toggle** in the top right corner to switch between each eye.

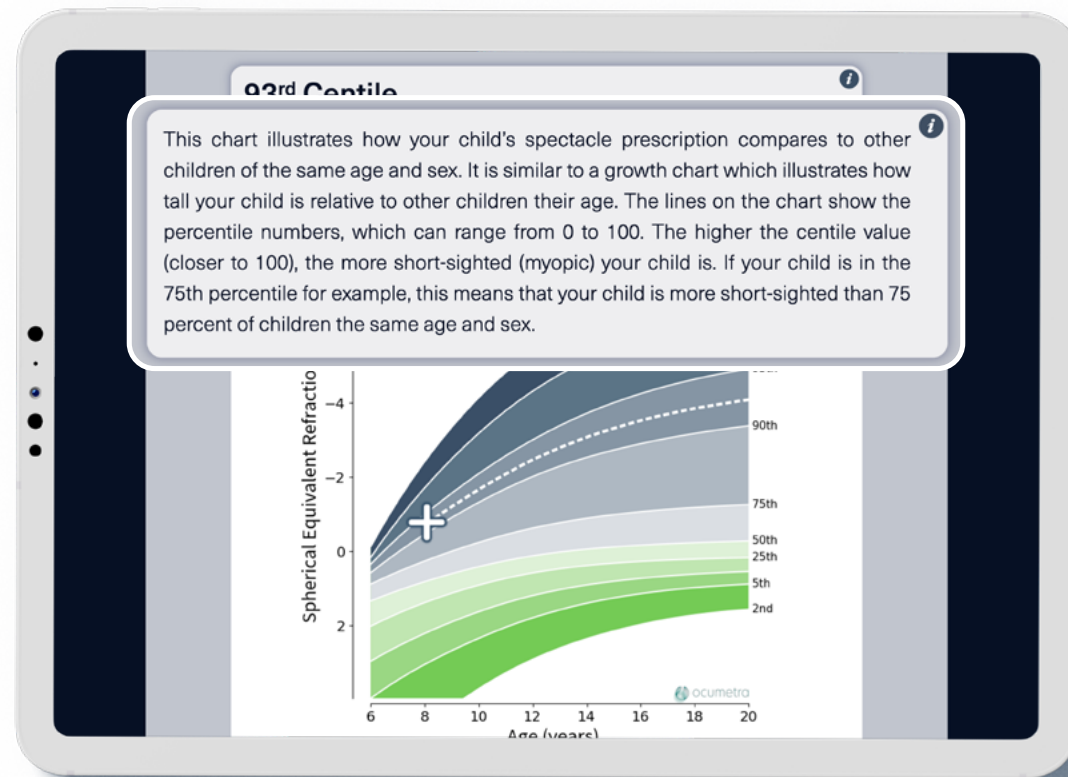




# Additional information

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Select the **i** in the top right corner for an explanation for parents about centiles and predicted adult refraction.

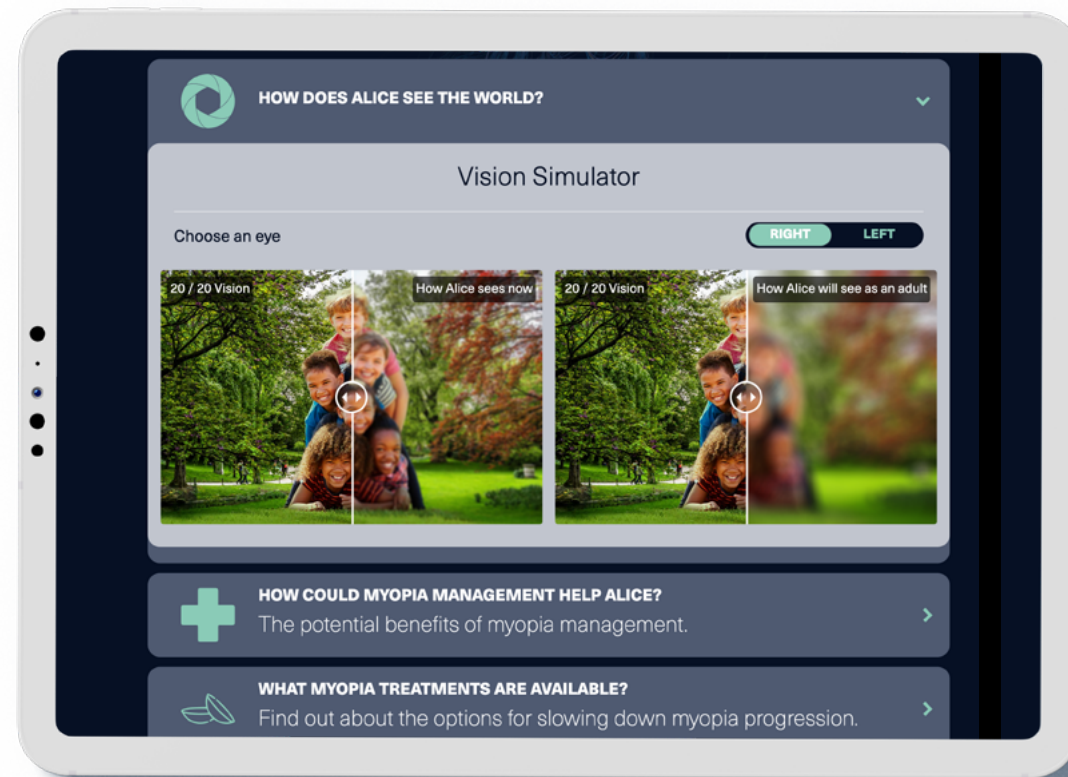


# Vision simulator

Next in the report is a **vision simulator graphic**. Using their refraction we can replicate how a child currently sees without their spectacles as well as how they are projected to see as an adult without myopia management.

The simulator is an interactive tool so you can slide across each image to show the full effect and switch between each eye using the toggle in the top right corner.

The vision simulator can be a **valuable** tool for those parents who are not myopic and may find it more difficult to understand how their child sees.



# Myopia management benefits

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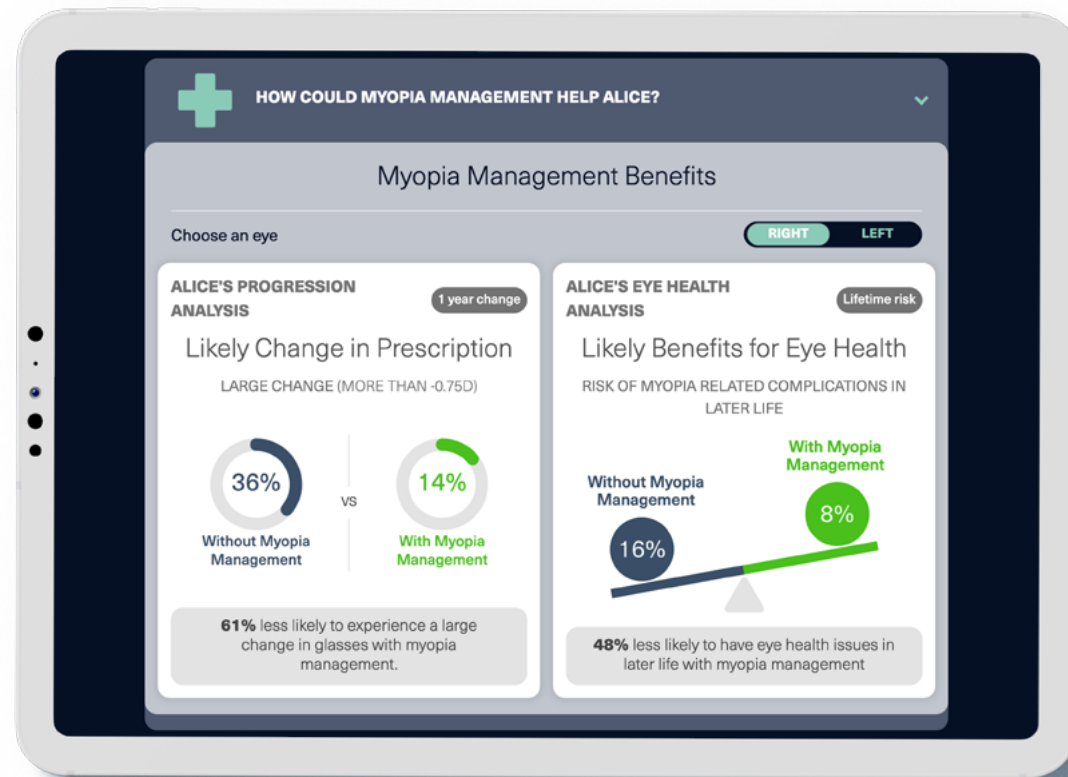
This presents the short and long term benefits of myopia management. Parents worry about their child needing stronger spectacles, about becoming more dependent on their spectacles and about their long term eye health.

These infographic charts are used to illustrate the **benefits of myopia management** as

a means to limit myopia progression and reduce their child's risk of developing eye health complications.

The benefits of myopia management are presented in a **clear and balanced** way so that they can make an **informed decision**.

You can switch between each eye using the toggle in the top right corner.



# Myopia management treatment options

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This section details all the currently available treatment options in your country.

Underneath each heading, parents can click to view and learn more about each treatment option.

Each section provides a **parent friendly explanation** of what myopia management

treatments are available and what to think about when choosing the right myopia management option.

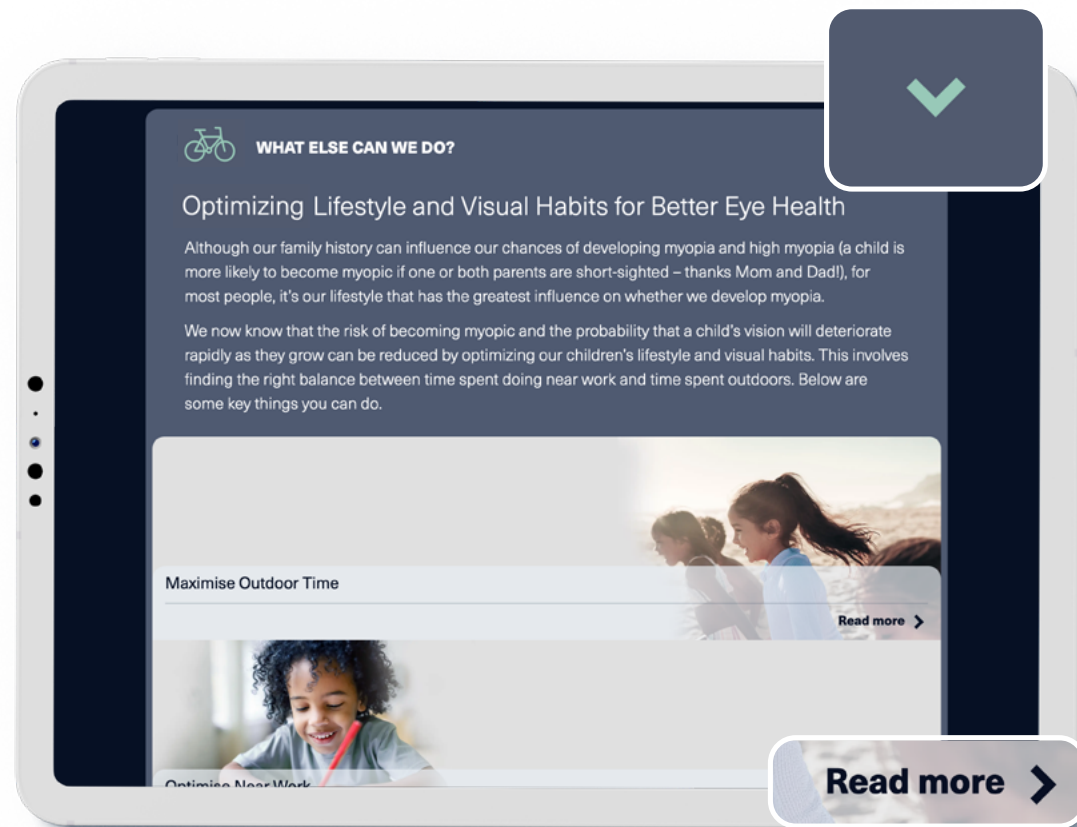
Parents are provided with **evidence based information, saving you valuable chair time.**



# What else can we do?

Any child identified by mEYE™ Guide as a pre-myope is recommended to receive **lifestyle advice to help prevent or delay the onset of myopia**. This is the first step in myopia management.

Lifestyle advice should also be given to children who are already myopic. When a patient begins myopia management, good lifestyle habits such as more time outdoors and less leisure time on screens contribute towards **maximal treatment benefits**.





# Share

There is a **share tab located in the bottom right corner** which allows anyone viewing the report to share. This can be done with a **QR code, email or messaging app** such as **WhatsApp**. You can integrate each child's report into their electronic health care record either via an image such as a screenshot or printout.

You can also select the **copy URL tab to paste** into an electronic health record.

This makes it easier for you to keep records of reports over time.



# New patient

Simply click the **new patient tab** to quickly move on to the next patient when ready.

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| Better for your patients,  
| Better for your business.

**mEYE™ Guide** helps you to integrate comprehensive myopia management into your daily routine.

**mEYE™ Guide** optimizes your chair time, enhances your reputation as a myopia management practitioner and shows parents the benefits of treatment for their child.

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**mEYE™ Guide**

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to comprehensive myopia management.

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