

the path to a greener practice

Sustainability is scalable—changes big and small make a world of difference. Looking for ideas? **We've got you covered.**

Americans are paying more attention to the sustainability of the businesses they patronize. Optometry practices have an opportunity to differentiate themselves by implementing sustainable practices and changes of any size can help make an impact. Here are some ideas to get you **"thinking green!"**

- **Schedule an energy audit.** Contact your local utility company for a full energy audit of your practice with recommendations for improvement.
- **Reuse whenever possible.** Use ultrasonic cleaners and UV disinfection lights to make items safe to reuse. Buy dishes and silverware instead of disposables. Do away with bottled water and K-Cups. Paper towels in restrooms can be replaced with electric hand dryers to reduce carbon footprint.
- **Take advantage of local and national recycling/upcycling programs.** Paper, plastic, and glass are standard, but there are recycling programs for more items than you might imagine.
- **Choose more eco-friendly products.** When single-use products are unavoidable, consider products made from recycled materials or products that are compostable.
- **Replace appliances and systems with greener options.** Before you buy a new dishwasher or replace a hot water heater or HVAC system, explore your options. While high-efficiency choices cost a bit more up front, they save money in the long run.
- **Go paperless.** Patient communication platforms can reduce much of your paperwork.
- **Conserve energy.** Put motion sensor lights in exam rooms, restrooms, and other areas. Turn off appliances, computers, and printers at the end of the day. Opt for LED light bulbs, as they typically use 75% less energy than traditional bulbs.
- **Explore renewable energy options.** In some areas, solar and wind energy can be purchased like traditional electricity. If you own your building, consider installing solar energy panels.
- **Prescribe and carry sustainable brands.** clariti® 1 day is the first net plastic neutral contact lens². CooperVision has made it easy for anyone who recommends, prescribes, or wears clariti® 1 day to make a positive impact on the environment. There are also several brands of frames made from recycled materials—and they can be recycled after a patient is done wearing them, too!

Have other ideas? Share the ways you embrace sustainability in your practice on CooperVision's Facebook, Instagram, LinkedIn, or Twitter using #onedaybetter



78% of consumers are more conscious of supporting green/sustainable companies versus five years ago¹

7 in 10 Americans would go out of their way to support a company that makes strong efforts to be sustainable¹

Join CooperVision on the journey. Together, we can make a difference.

learn more at clariti.coopervision.com



1. The Recycling Partnership 2020. <https://recyclingpartnership.org/americas-prefer-sustainable-companies/>

2. CooperVision data on file 2020. Sustainability report, clariti 1 day in U.S.

Warning: do not expose contact lenses to water while wearing them.