

Reduce the Impacts of Blue Light Exposure



Research has linked exposure to blue light from digital devices to eye strain and fatigue which can reduce productivity.

TOO MUCH SCREEN TIME

Spend over **9 HOURS A DAY** on a digital device!¹

MILLENNIALS
2 in 5

GENXERS
1 in 3

BOOMERS
1 in 4



REDUCE EXPOSURE

20 | 20 | 20
Every **20** minutes look **20** feet away for **20** seconds



ARM'S LENGTH
from computer



Shut down **TWO HOURS** before bed



INCREASE FONT SIZE
on digital devices



Minimize effects with **BLUE LIGHT-FILTERING** eyewear

STRENGTHEN YOUR VISION PLAN



Specialty anti-reflective (AR) coatings contain technology that can absorb and deflect incoming blue light. The good news is VSP® members already get great savings on AR coatings. You can also:

- Add AR coverage to your plan
- Include the VSP Computer Vision PlanSM with covered AR.
- Give employees the choice to upgrade to a Premium plan with a covered AR

2 OUT OF 3
AMERICANS
EXPERIENCE
DIGITAL EYE STRAIN²

Include a covered AR coating in your VSP plan and help your employees reduce exposure to blue light.

1. Vision Council, Hindsight is 20/20. 2.2016 Digital Eye Strain Report, The Vision Council.

©2016 Vision Service Plan. All rights reserved.
VSP is a registered trademark of Vision Service Plan. The Sharper Image name and logo are registered trademarks. All other brands or marks are the property of their respective owners.