

AVOID THE BLUE LIGHT BLUES

All that blue light exposure from digital devices can lead to eye strain and fatigue. And with **2 out of 3 people** in the U.S. experiencing digital eye strain,¹ your employees' eyes are probably working overtime.



SCREEN TIME IS TAKING OVER That's bad for productivity:



88%
MILLENNIALS

83%
GENEXERS

76%
BOOMERS

Spend over two hours a day on a digital device²



FIGHT FOR YOUR SIGHT How to reduce blue light exposure:



20 | 20 | 20
Every 20 Minutes,
Look 20 Feet Away
For 20 Seconds



Shut down
TWO HOURS
before bed



Minimize effects with
BLUE LIGHT-FILTERING
eyewear

VSP® HAS YOUR BACK

VSP members can already save big on anti-reflective (AR) coatings, our secret weapon in the battle against blue light. But you can up the savings even more by:

INCLUDING

The VSP Computer Vision PlanSM with covered AR

ADDING

AR coverage to your plan

GIVING

the choice to upgrade to a premium plan with covered AR

Go easy on your employees' eyes...and wallets.
Include a covered AR coating in your VSP plan

1. 2017 Digital Eye Strain Report, The Vision Council. 2. Vision Council, Hindsight is 20/20.

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