

# 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:<sup>1</sup>

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 Plan<sup>SM</sup> 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 STRAIN**<sup>2</sup>

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.