

# True blue protection



Cell phones, tablets, TVs and even fluorescent lights illuminate our digital world.

But with it comes exposure to blue light, which can cause eye strain that may affect workplace productivity—blurry vision, difficulty focusing, dry and irritated eyes, headaches and more. Studies even show that extended and frequent exposure can result in macular degeneration and even cause permanent eye damage.

With this new lifestyle trend comes new vision needs. And we're here to help. We've updated our vision benefits to make sure that we can protect your employees' eye health, while saving them money. Now, for as little as \$15, EyeMed members have multiple options for purchasing eyewear with blue light filtering-technology:



#### Lenses

Blue light protection added to the lens materials



#### Lens coatings

Blue light-filtering anti-reflective coatings

As always, members should consult with their eye doctor or any of our in-network vision providers to find the best protection for their lifestyle and vision needs. Whichever EyeMed benefit option they choose, we're here to keep your employees' eyes healthy and safe – so they can continue to see life to the fullest.

Learn about other ways we help you and your employees – Contact your EyeMed rep or visit [starthere.eyemed.com](http://starthere.eyemed.com)



80% of Americans use a digital device right before bed, which can disrupt sleep patterns<sup>1</sup>



87% of Americans stare at digital screens for 2+ hours a day, and 52.2% report using 2 digital devices simultaneously<sup>1</sup>

<sup>1</sup>2017 Blue Light Digital Eye Strain Report, The Vision Council