

# VSP Computer VisionCare Plan



Nearly 60% of adults report experiencing symptoms of digital eye strain. People spending two or more continuous hours at a computer or using a digital screen device every day are most at risk.<sup>1</sup>

Many people aren't aware they're experiencing digital eye strain, which may include one or more of the following symptoms: dry eyes, blurred vision, tired eyes, sore eyes, headaches, or watery eyes.

Ask your VSP® network doctor about eyewear specifically designed to reduce the impact of excessive digital device use, with features such as anti-reflective and blue light filtering capabilities.



## YOUR VSP COMPUTER VISIONCARE<sup>SM</sup> PLAN COVERAGE WITH A VSP NETWORK DOCTOR\*

Eye Exam	<ul style="list-style-type: none"><li>• A fully covered annual WellVision Exam<sup>®2</sup></li><li>• Exam designed to detect eye health and vision issues from excessive digital device use</li></ul>
Eyewear	<ul style="list-style-type: none"><li>• Frames and lenses fully covered up to your retail allowance<sup>3</sup></li><li>• Up to 20% savings on the amount above your retail frame allowance<sup>3</sup></li><li>• Savings on additional pairs of prescription glasses</li></ul>

\*Register and log in to [vsp.com](https://vsp.com) to review your benefit information. Based on applicable laws; benefits may vary by location.

Learn more at [vsp.com](https://vsp.com) | 800.877.7195

<sup>1</sup>. The Vision Council Shines Light on Protecting Sight - And Health - In a Multi-Screen Era, Vision Council, January 2019. <sup>2</sup>. Less any applicable copay. <sup>3</sup>. Your prescription for computer glasses will be different from other prescription glasses.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on [vsp.com](https://vsp.com).

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