Avoid the Blue Light Blues

Excessive blue light exposure from digital devices may contribute to digital eye strain and vision fatigue. And with two out of three people in the U.S. experiencing digital eye strain,[1] your employees' eyes are probably working overtime.

Screen Time Is Taking Over

According to the latest research, average screen time in the U.S. is 7 hours per day.[2]

vsp vision care

Fight for Your Sight

How to reduce excessive blue light exposure:

Take Breaks
From digital devices to rest the eyes

Turn Off
All devices two hours before going to bed

Minimize
Effects by wearing blue light-filtering eyewear

$ VSP Has Your Back

VSP® members already save big on anti-reflective coatings. And not only do they enhance visual appearance and eliminate distracting reflections, they are our secret weapon.

**Go easy on your employees' eyes...and wallets.
Include a covered anti-reflective coating in your VSP plan.**