



FOCUS ON EYE HEALTH

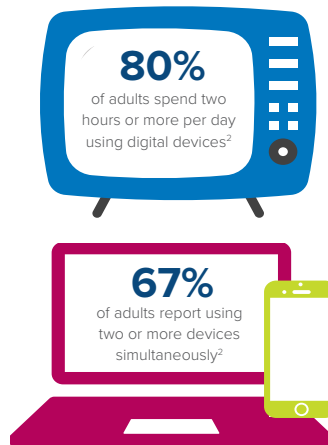
Vision Health in The Digital Age



Pain Points For The Digital Age

Digital eye strain can be a pain. With daily technology use, many people experience digital eye strain: the physical discomfort felt from spending extended periods of time using a digital device. Blue light emitted from computer screens, smartphones, tablets and TV screens can lead to digital eye strain symptoms.¹

Digital devices don't just impact the eyes. Whether looking down at your phone or tablet or angling your head up to look at your television or computer, digital devices can lead to poor posture. Neck and back pain are common results of extended device usage.³



Exposing Blue Light's Impact⁴

Blue light occurs naturally and makes up about one-third of all visible light. However, digital devices expose people to more blue light than ever before.

- Excessive exposure to blue light can lead to vision problems like age-related macular degeneration, cataracts and eye cancer.
- Decreased blinking while using digital devices can make users more susceptible to dry eyes and symptoms of digital eye strain.
- Interferes with the body's natural process of creating melatonin when used before bed resulting in disrupted sleep.

Symptoms of Digital Eye Strain¹



Blurred Vision



Dry Eyes



Eye Strain



Headaches



Neck Pain



Shoulder Pain

Did You Know?



Tech Neck (chronic neck or shoulder pain/stiffness) is commonly caused by poor posture when using digital devices.³



Nearly three out of five American adults report experiencing symptoms of digital eye strain.²



Research suggests a correlation between the increase of myopia in children and more time spent using digital devices.⁵

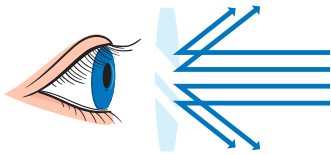
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The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

Give Your Eyes A Break By Stacking Eyeglass Options With Eye Strain in Mind

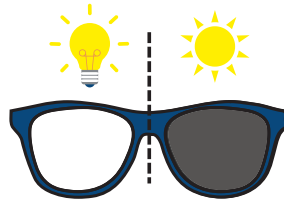
Preventing digital eye strain is more than buying a pair of glasses. Stacking lens options can give the best protection. Purchasing eyeglasses with anti-reflective, photochromic and blue light material is the best defense.

Add Anti-Reflective



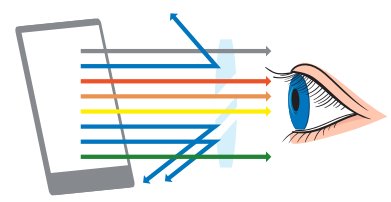
Anti-reflective coatings with blue light protection may help reduce symptoms of digital eye strain and minimize the appearance of a glare on your lenses.⁶

Transition to Photochromic



In addition to helping with UV protection, photochromic lenses are the most effective at filtering blue light emitted from both the sun and digital devices.⁷

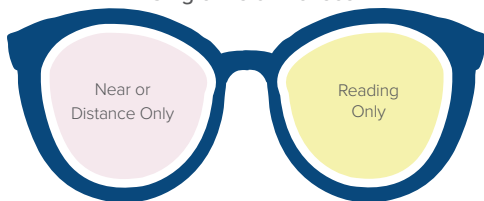
Make Materials Matter



LensCrafters' blue-violet filtering lenses can help reduce blue-violet light from natural and artificial sources like LED lights.⁸

A Second Pair Of Glasses For Progressive Lens Wearers Isn't A Pain In The Neck

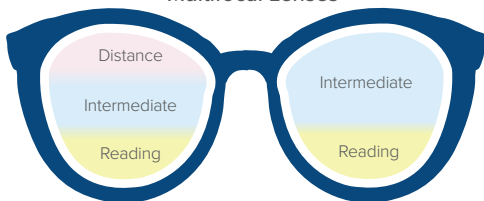
Single Vision Lenses



Single Vision Lenses

Reading Glasses

Multifocal Lenses



Progressive Lenses

Occupational Lenses

Multifocal lens wearers are more likely to complain about neck pain than single vision lens wearers. It's not the lenses causing the issue, it's the way the wearer adjusts their head to find the sweet spot in the lens. This change in posture can lead to neck pain and muscle strain.³

Researchers study how people use their eyes through different activities to design lenses to best support natural vision. New progressive lens technology better supports work and lifestyle. Some lenses are designed for specific activities and hobbies.

The people who spend most of their work day using the intermediate distance often have the most difficulty with neck pain. Occupational lenses are designed with the largest viewing area in the distance you need most.

Computer glasses with occupational lenses are designed to allow your eyes to focus on a computer screen without adjusting the head and neck, reducing neck and eye strain.⁹ Occupational lenses can even be added to a pair of safety eyeglasses for people who are required to wear safety eyewear at work.

Tips To Maintain Eye Health In the Digital Age

Healthy eyes are an important part of overall health. With LensCrafters, VBA Members can access upgraded lens options to maintain eye health and reduce the effects of digital devices.

LENSCRAFTERS

Keep An Eye On Digital Eye Strain Solutions

- ✓ Talk to your eye doctor and optician
- ✓ Buy computer glasses
- ✓ Upgrade your lenses with photochromic, anti-reflective and blue material
- ✓ Ask your employer to upgrade your vision plan with the digital age in mind

Follow the 20-20-20 Rule⁸



Take a 20 Second Break



Every 20 Minutes



Look at Something 20 Feet Away

VBA offers plans that provide easier access to vision care. To learn more, visit vbaplans.com.

1. American Optometric Association (<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?ss=0-y>) 2. The Vision Council (<https://thevisioncouncil.org/blog/vision-council-shines-light-protecting-sight-and-health-multi-screen-era>) 3. Mayo Clinic Health System (<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/effect-of-technology-on-your-neck>) 4. UC Davis Health (<https://health.ucdavis.edu/blog/cultivating-health/blue-light-effects-on-your-eyes-sleep-andhealth/2022/08>) 5. American Academy of Ophthalmology (<https://www.aaopt.org/eye-health/tips-prevention/digital-devices-your-eyes>) 6. All About Vision (<https://www.allaboutvision.com/lenses/anti-reflective.htm>) 7. All About Vision (<https://www.allaboutvision.com/eyeglasses/do-photochromic-lenses-block-blue-light/#:~:text=Because%20photochromic%20lenses%20have%20the,an%20from%20your%20digital%20screens.>) 8. LensCrafters (<https://www.lenscrafters.com/lc-us/blue-light-glasses?page=1>) 9. American Academy of Ophthalmology (<https://www.aaopt.org/eye-health/tips-prevention/computer-usage>)