



Avoid the blue light blues

Surrounded by smartphones, tablets, TVs and fluorescent lights, children and adults are exposed to an unprecedented level of blue light in today's environment. Exposure to blue light has been linked to digital eye strain, or Computer Vision Syndrome (CVS). Those who spend more than two hours each day on a computer, device or digital screen may be at higher risk.*

SYMPTOMS OF CVS

More than 83% of adults spend more than two hours per day on a digital device.** Many do not realize they may be experiencing CVS, so they should be on the lookout for the following conditions:

- Neck and shoulder pain
- Irritated eyes
- Headaches
- Blurred or double vision

Ask your VSP® network doctor about eyewear specifically designed to reduce the impact of digital devices and eye strain caused by blue light and go easy on your eyes with DeltaVision®. View your benefits or find a VSP vision care provider at vsp.com or call 800.877.7195.

*The Vision Council Shines a Light on Protecting Sight — And Health — in a Multi-Screen Era. Vision Council, January 2019. **Vision Council, Hindsight is 20/20. DeltaVision is a registered marks of Delta Dental Plans Association. DeltaVision is underwritten by Stryden, Inc., an affiliate of Delta Dental of Virginia. Claims processing, claims service and provider network administration for DeltaVision are provided under contract by VSP. VSP is a registered trademarks of Vision Service Plan.



**TURN OFF
DIGITAL DEVICES
BEFORE BEDTIME**



**ASK IF BLUE
LIGHT COATINGS
ARE AVAILABLE**



**GIVE YOUR EYES
A BREAK EVERY
20 MINUTES**