

# VSP Computer VisionCare Plan



Nearly 60% of adults report experiencing symptoms of digital eye strain, also known as Computer Vision Syndrome. People spending two or more continuous hours at a computer or using a digital screen device every day are most at risk for this.<sup>1</sup>

Many people aren't aware they're experiencing Computer Vision Syndrome (CVS), which may include one or more of the following symptoms:

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

Ask your VSP® network doctor about eyewear specifically designed to reduce the impact of using digital devices, 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 comprehensive WellVision Exam<sup>#2</sup></li><li>• Exam designed to detect eye health and vision issues caused by computer and 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

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

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