

VSP Computer VisionCareSM



Nearly 80% of people who regularly use a computer or tablet have symptoms of eye trouble.¹ And, with the number of hours being spent on mobile devices, those numbers are expected to increase.

The most common office-related complaint, Computer Vision Syndrome (CVS), is a condition that develops from spending hours on computers and digital devices. Many people aren't aware they're experiencing CVS, which may include one or more symptoms:

- Neck and shoulder pain
- Headaches
- Fatigue
- Irritated eyes
- Blurred or double vision
- Loss of focus

Combat CVS with the right eye care and eyewear.

With VSP Computer VisionCare, you have access to:

- a comprehensive eye exam that can detect eye health issues, such as CVS;
- eyewear specifically designed for using a computer or digital devices to help reduce eyestrain and fatigue.²

Your Computer VisionCare Coverage with a VSP Doctor*

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|----------|---|
| Eye Exam | <ul style="list-style-type: none">• An annual, fully covered comprehensive eye exam³• Exam specifically designed to detect eye health and vision issues caused by regular computer and digital device use |
| Eyewear | <ul style="list-style-type: none">• Frames and lenses fully covered up to your retail allowance³• Up to 20% savings on the amount above your retail frame allowance³• Savings on additional pairs of prescription glasses |

*Register and log on to vsp.com to review your benefit information. Based on applicable laws; benefits may vary by location.



70-75%

OF COMPUTER USERS
COULD BENEFIT

from the use of
computer glasses.⁴

Learn more. vsp.com | 800.877.7195

1. The Vision Council, DigitEYezed: The Daily Impact of Digital Screens on the eye health of Americans, 2013 2. Your prescription for computer glasses will be different from other prescription glasses. 3. Less any applicable copay 4. American Optometric Association

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