# Put Your Eyes at Ease with VSP LightCare



## Why UV and Blue Light Coverage?

Even if you don't wear prescription glasses, an annual eye exam is an easy and cost-effective way to take care of your eyes and overall health.

With VSP LightCare™, you can use your frame and lens benefit to get non-prescription eyewear from your VSP® network doctor.

### DEFEND YOUR EYES INDOORS AND OUT:

**Wear blue light filtering glasses indoors** to help defend against digital eye strain. Excessive blue light exposure from digital screens and fluorescent lighting may contribute to dry eyes, blurred vision, tired eyes, sore eyes, headaches, and watery eyes—all possible symptoms of digital eye strain.

**Always wear sunglasses outdoors.** Shield your eyes from the sun's ultraviolet rays that can damage your corneas and cause eye-related diseases like cataracts. 100% UVA and UVB protection is the best choice for your sunglasses.[1]

### PROVIDER CHOICES YOU WANT

With thousands of private practice doctors and more than 700 Visionworks® retail locations nationwide, getting the most out of your benefits is easy at a VSP Premier Edge™ location.

vsp PREMIER edge

Preferred private practice and retail in-network choices

private practice doctors

Visionworks

Plus, if you prefer to shop online, you can use your benefits in-network on **eyeconic.com®**.[2] Select from a wide selection of ready-made sunglasses and blue light filtering glasses for everyone.

vsp vision care

## Your VSP LightCare Coverage Includes:*

### Eye Exam

A fully-covered WellVision Exam®.[3]

### Eyewear

Use your frame and lens allowance toward ready-made:

- non-prescription sunglasses *or*
- non-prescription blue light filtering glasses

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

Questions? **Visit vsp.com | 800.877.7195**

**1.** Tips for Choosing the Best Sunglasses, American Academy of Ophthalmology, June 2021. **2.** To find out whether your employer participates in Eyeconic®, log in to **vsp.com** to check your vision benefits. **3.** Less any applicable copay.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on **vsp.com**.

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