

True blue protection



Cell phones, tablets, TVs and even fluorescent lights illuminate our digital world.

But with it comes exposure to blue light, which can cause eye strain that may affect workplace productivity – blurry vision, difficulty focusing, dry and irritated eyes, headaches and more. Studies show that extended and frequent exposure can result in an increased risk of macular degeneration and even cause eye damage.¹

So we've updated our vision benefits to help protect your employees' eye health, while saving them money.

Now, for as little as \$15, EyeMed members have multiple options for purchasing eyewear with blue light filtering-technology:



LENSES

Blue light protection added to the lens materials



LENS COATINGS

Blue light-filtering anti-reflective coatings

As always, members should consult with their eye doctor or any of our in-network vision providers to find the best protection for their lifestyle and vision needs. Whichever option they choose, we're here to help employees' eyes stay healthy and safe.

See how we can help you and your employees –
Contact your EyeMed rep or visit [eyemed.com](https://www.eyemed.com)

104 million+
working-age
Americans spend

7+ hours/day
on screens, costing

\$151 billion
in health, productivity
and wellbeing.²



¹"New Research Links Blue Light to Macular Degeneration Risk, Antioxidants May Offer Hope"; Macular Degeneration Research, brightfocus.org; Oct. 31, 2024.

²"Seeing Clearly: The Productivity and Health Impacts of Excessive Screen Time"; eyesafe.com; EyeSafe; February 13, 2024.