VSP Computer VisionCare℠ Plan

Between 50 and 90 percent of people who work at a computer screen have symptoms of eye trouble.[1] And, with the number of hours being spent on mobile devices, eye strain and other eye problems are expected to increase.

The most common office-related complaint, Computer Vision Syndrome or CVS, is a condition that develops from spending hours on computers and digital devices. Many people aren't aware they're experiencing CVS, which includes a wide range of symptoms such as:

- neck and shoulder pain
- headaches
- fatigue
- irritated eyes
- blurred or double vision
- loss of focus

Combatting CVS with the right eyecare and eyewear

If you are looking at a computer screen or digital device for more than two hours per day, you have a 90 percent chance of developing CVS.[2]

With VSP's Computer VisionCare, you have access to a comprehensive eye exam that can detect eye health issues, such as CVS, as well as eyewear specifically designed for doing computer work, or using digital devices. Computer glasses help sharpen contrast and reduce glare, leading to reduced eyestrain and fatigue. Your prescription for computer glasses will be different from other prescription glasses.

70-75% of computer users could benefit from the use of computer glasses[5]

Your Computer VisionCare Coverage with a VSP Doctor	
Eyecare Exam*	• An annual, fully covered comprehensive eye exam[3] • Exam specifically designed to detect eye health and vision issues caused by regular computer and digital device use
Eyewear*	• Frames and lenses fully covered up to your annual retail allowance[3] • Up to 20% savings on the amount above your retail frame allowance[4] • Savings on additional pairs of prescription glasses[4]

*Log on to your account at vsp.com to review your specific benefit coverage and eligibility. Based on applicable laws, benefits may vary by location.

Visit **vsp.com** or call **800.877.7195** to take advantage of your Computer VisionCare coverage today!