

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.¹



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
- Fatigue
- Irritated eyes
- Blurred or double vision
- Loss of focus

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 PLAN™ COVERAGE WITH A VSP NETWORK DOCTOR²

Eye Exam	<ul style="list-style-type: none">• An annual, fully covered comprehensive WellVision 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

¹Register and log in to vsp.com to review your benefit information. Based on applicable laws; benefits may vary by location.

Learn more at vsp.com | 800.877.7195

¹ The Vision Council, Digital Eye Strain, 2020 (<https://www.thevisioncouncil.org/content/digital-eye-strain>). ² Your prescription for computer glasses will be different from other prescription glasses. ³ Less any applicable copay.