AN EYE ON YOUR HEALTH: PROTECTION

Guarding against blue light

BLUE LIGHT BASICS

Cell phones, tablets, laptops, and TVs illuminate our world. But with these digital devices comes exposure to blue light, the part of the light spectrum visible to the human eye. And some reports suggest overexposure may cause blurry vision, difficulty focusing, dry and irritated eyes, headaches and even macular degeneration.

GUARD YOUR EYESIGHT

Blue light isn't all bad news, but it may lead to new vision needs – like blue light-filtering lenses or anti-reflective coatings. These special lens treatments provide protection from UV rays and high-energy blue light. All without altering or distorting color perception. And lucky for you, EyeMed members now have multiple options for purchasing eyewear with blue light-filtering technology.

LENSES

Blue light defense added to the lens material

LENS COATINGS

Blue light filtering anti-reflective coatings

Now, you can guard your eyes for as little as $15.* It's a small price to pay for peace of mind. As always, consult your eye doctor to find the best solution for your lifestyle and vision needs.

SEE THE GOOD STUFF

Find an eye doctor at eyemed.com or grab the EyeMed Members App

* May be subject to additional upcharges based on your selections.

This information is available broadly and is not plan or state specific. Offers are not valid in the state of Texas.

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