

WHAT DO YOUR EYES SAY ABOUT YOU?

A WellVision Exam® from a VSP® network doctor helps detect the signs of chronic conditions like high blood pressure, diabetes, and high cholesterol—along with other eye and health issues.



HERE ARE A FEW KEY ELEMENTS YOU CAN EXPECT DURING AN EYE EXAM



Provide your medical and eye history.

This will help your eye doctor evaluate your risk for vision problems, eye diseases, and other medical conditions.

Expect a little puff of air.

The “puff test”—a common test for glaucoma—measures the fluid pressure inside your eyes. It takes just a quick puff of air in each eye.

What’s that letter chart?

This chart with rows of letters in different sizes is called a Snellen chart. It tests how well your eyes can see at a specific distance.

Prepare for a few drops to your eyes.

Dilating drops enlarge your pupils to help detect signs of health conditions. The drops may make your vision temporarily blurry and your eyes sensitive to light.

Which is clearer? One or two?

You’ll be asked to view the same letters at different prescription strengths to see which one is the most clear to you. This helps estimate your eyewear prescription.

See the big picture.

Your eye doctor gets a magnified view of the front and inside of your eyes using a slit lamp, or biomicroscope.

Cover the left, then the right.

This tests how well your eyes work together. You will cover one eye and look at an object across the room, to determine how your eye moves to see an object.

**Learn more at [vsp.com](https://www.vsp.com)
or call 800.877.7195.**

Avoid the Blue Light Blues

Surrounded by smartphones, tablets, TVs, and even fluorescent lights, adults and children alike are exposed to an unprecedented level of blue light in today's world. Exposure to blue light has been linked to digital eye strain.

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vision care

Did You Know?



Scientific research has linked blue light to the onset of digital eye strain in as little as **two hours** of screen time.¹



Forty-eight percent of kids are now spending more than six hours online every day.²



Two-thirds of people in the U.S. experience digital eye strain symptoms.¹

Three Tips to Reduce Exposure

Get an Eye Exam.

Talk to your VSP® network doctor about your lifestyle and ask about the best options for reducing digital eye strain. Even if you don't wear corrective lenses, some blue light coatings are available for non-prescription eyewear.

Limit Screen Time Before Bed.

Turn devices off a few hours before going to bed. Also, consider lowering the brightness of your screen, enabling the blue light filter, or downloading a blue-light reducing app for your device.

Follow the 20-20-20 Rule.

Give your eyes a break every 20 minutes, and spend 20 seconds looking at something at least 20 feet away.

Search for blue light at [vsp.com](https://www.vsp.com) to learn more.

**see well.
be well.**

1. Digital Eye Strain Report 2016, The Vision Council, November 2020. 2. Survey Shows Parents Alarmed as Kids' Screen Time Skyrockets During COVID-19 Crisis, ParentsTogether Foundation, April 2020.

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