



More than 60 million people suffer from eye problems due to working on computers and other digital devices —and that number is rising by a million a year. The connection may be Computer Vision Syndrome (CVS).

The most common office-related complaint, CVS, is a condition that develops from spending hours in front of computers and digital devices. Images on these screens are created from thousands of tiny dots. In order to view them, your eyes have to work hard to continuously focus and refocus. They also produce glare and reflections, causing additional strain on your eyes. Many people aren't aware they're experiencing CVS which includes a wide range of symptoms:

- neck and shoulder pain
- headaches
- fatigue
- red, irritated & watery eyes
- dry eyes
- blurred vision
- double vision
- loss of focus

## Computer Vision Syndrome Facts

<b>In the Workplace</b>	<ul style="list-style-type: none"> <li>• 90% of people who work on a computer at least 3 hours a day suffer from eye trouble</li> <li>• Performance on a specific task can suffer by as much as 20% from minor vision problems<sup>1</sup></li> <li>• Workers with CVS can suffer a 38% decrease of accuracy in their work<sup>1</sup></li> <li>• 70% - 75% of computer users could benefit from the use of computer glasses</li> <li>• U.S. workers spend more than 858 million hours a day using digital device like a computer, an e-reader, or a smart phone</li> </ul>
<b>Children</b>	<ul style="list-style-type: none"> <li>• 94% of American families with children have a computer in the home with access to the Internet<sup>2</sup></li> <li>• 29% of children ages 8 to 18 have their own laptop computer<sup>3</sup></li> <li>• Children ages 8 to 18 spend 7.38 hours a day on entertainment media<sup>3</sup></li> <li>• Children in grades 7 through 12 reported spending an average of more than 90 minutes a day sending or receiving texts on their cell phones<sup>3</sup></li> </ul>

## Benefits through a VSP Preferred Provider

<b>Exam Services</b>	<ul style="list-style-type: none"> <li>• Comprehensive eye exam covered-in-full<sup>4</sup></li> <li>• Exam specifically designed to detect eye health and vision issues caused by regular computer and digital device use</li> </ul>									
<b>Necessary Corrective Lenses</b>	<p>Necessary corrective lenses with a minimum prescription of <math>\pm 0.50</math> diopters and a prescription difference of <math>\pm 0.50</math> diopters from member's everyday prescription covered-in- full</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Glass or plastic:</td> <td style="width: 40%;">Single vision</td> <td style="width: 30%;">Covered-in-full<sup>4</sup></td> </tr> <tr> <td></td> <td>Lined bifocal</td> <td>Covered-in-full<sup>4</sup></td> </tr> <tr> <td></td> <td>Lined trifocal</td> <td>Covered-in-full<sup>2</sup></td> </tr> </table>	Glass or plastic:	Single vision	Covered-in-full <sup>4</sup>		Lined bifocal	Covered-in-full <sup>4</sup>		Lined trifocal	Covered-in-full <sup>2</sup>
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<b>Lens Options</b>	<ul style="list-style-type: none"> <li>• Lens options are covered-in-full with a copay, saving our members an average of 35-40%.</li> <li>• Pink and Rose tints, 20% tint or less covered in full</li> </ul>									
<b>Frame</b>	<ul style="list-style-type: none"> <li>• Frames are covered in full up to the retail allowance of \$90.00</li> <li>• 20% off any amount above the retail allowance</li> </ul>									
<b>Additional Pairs of Glasses</b>	20% off unlimited additional pairs of prescription glasses <sup>5</sup>									
<b>Computer VisionCare Vision Therapy</b>	Available for eligible members prescribed vision therapy specific to computer use									
<b>Laser VisionCare Program<sup>SM</sup></b>	Discounts average 15-20% off or 5% off a promotional offer for laser surgery, including PRK, LASIK, and Custom LASIK <sup>6</sup>									

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**Member Education  
Materials**

- Educational information and tips for proper eyecare while using a computer
  - Easily integrate into a workplace ergonomics program
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<sup>1</sup> According to a study conducted by the University of Alabama at Birmingham School of Optometry

<sup>2</sup> Networked Family Survey (Dec. 13, 2007 - Jan 13, 2008). Pew Internet & American Life Project.

<sup>3</sup> Generation M<sup>2</sup>: Media in the Lives of 8- to 18-Year Olds. Henry J. Kaiser Family Foundation. January 2010.

<sup>4</sup> Less any applicable copay

<sup>5</sup> Discounts valid through any VSP Preferred Provider within 12 months of the last covered eye exam.

<sup>6</sup> Custom LASIK coverage only available using wavefront technology with the microkeratome surgical device. Other LASIK procedures may be performed at an additional cost to the member. LaserVision Care discounts are only available from VSP-contracted facilities.