

VSP Computer VisionCare Plan



How many hours a day do your eyes spend on digital screens? Likely quite a few.

While looking at screens, have you experienced any of the symptoms below?

- Neck and shoulder pain
- Irritated eyes
- Headaches
- Blurred or double vision

If so, you may be experiencing Computer Vision Syndrome (CVS).¹

Use your VSP® Vision Care benefits to help! Ask your VSP network doctor about eyewear designed to support a more comfortable viewing experience when using digital devices, with features such as anti-glare coatings and blue light filtering capabilities.



YOUR VSP COMPUTER VISIONCARESM PLAN COVERAGE WITH A VSP NETWORK DOCTOR²

Eye Exam	• Fully covered annual WellVision Exam³ • Exam designed to detect eye health and vision issues caused by computer and digital device use
Eyewear	• Frames and lenses fully covered up to your retail allowance⁴ • Up to 20% savings on the amount above your retail frame allowance⁴ • Savings on additional pairs of prescription glasses

Questions? [vsp.com](https://www.vsp.com) | 800.877.7195 (TTY: 711)

1. Computer vision syndrome, American Optometric Association, n.d. 2. Log in to [vsp.com](https://www.vsp.com) to review your benefit information. Based on applicable laws; benefits may vary by location. Coverage with a retail chain may be different or not apply. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. 3. Your Computer VisionCare prescription glasses will be different from your daily wear prescription glasses. 4. Less any applicable copay.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on [vsp.com](https://www.vsp.com).

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