

# PUT YOUR EYES AT EASE WITH VSP LIGHTCARE



## WHY UV AND BLUE LIGHT COVERAGE?

Even if you don't wear prescription glasses, an annual eye exam is an easy and cost-effective way to take care of your eyes and overall health.

With VSP LightCare™, you can use your frame and lens benefit to get non-prescription eyewear from your VSP® network doctor. Sunglasses or blue light filtering glasses may be just what you're looking for.

### KEEP YOUR EYES PROTECTED OUTDOORS AND IN:

**Always wear sunglasses outdoors.** Protect your eyes from the sun's ultraviolet rays that can damage your corneas and cause eye related diseases like cataracts. 100% UVA and UVB protection is the best choice for your sunglasses.<sup>2</sup>

**Wear blue light filtering glasses indoors to combat digital eye strain.** Digital screens and fluorescent lighting emit blue light that can contribute to headaches, blurred vision and sore eyes—all possible symptoms of digital eye strain.

### PROVIDER CHOICES YOU WANT



Visionworks

The VSP Premier Program includes thousands of private practice doctors and over 700 Visionworks® retail locations nationwide.

eyeconic

#### Prefer to shop online?

At Eyeconic.com, you'll be shopping at the preferred online retailer for VSP members where you can connect and use your benefits.<sup>3</sup>



### YOUR LIGHTCARE COVERAGE WITH A VSP NETWORK DOCTOR\*

#### EYE EXAM

A fully covered comprehensive WellVision Exam®<sup>1</sup>.

#### EYEWEAR

Visit a VSP network doctor and choose either prescription eyewear coverage, or use your frame and lens allowance toward ready-to-wear:

- non-prescription sunglasses or
- non-prescription blue light filtering glasses

\*Register and log in to [vsp.com](https://vsp.com) to review your benefit information. Based on applicable laws; benefits may vary by location.

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

1. Less any applicable copay 2. American Academy of Ophthalmology 3. To find out whether your employer participates in Eyeconic, log into [vsp.com](https://vsp.com) to check your vision benefits.

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