

# 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.

### DEFEND YOUR EYES INDOORS AND OUT:

**Wear blue light filtering glasses indoors** to defend against 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.

**Always wear sunglasses outdoors.** Shield 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>1</sup>

### PROVIDER CHOICES YOU WANT

The **Premier Program** is part of our incredible network of thousands of private practice doctors and more than 700 Visionworks® locations nationwide.



**Like shopping online?** Go to **eyeconic.com**®, the preferred VSP online retailer where you can shop in-network with your VSP benefits.<sup>2</sup> Select from a wide selection of ready-made sunglasses and blue light filtering glasses for everyone.

**vsp**  
vision care

## Your VSP LightCare Coverage Includes:\*

### Eye Exam

A fully covered WellVision Exam®.<sup>3</sup>

### Eyewear

Use your frame and lens allowance toward ready-made:

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

\*Register and log in to **vsp.com** to review your benefit information. Based on applicable laws; benefits may vary by location.

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

1. Tips for Choosing the Best Sunglasses, American Academy of Ophthalmology, June 2021. 2. To find out whether your employer participates in Eyeconic®, log in to **vsp.com** to check your vision benefits. 3. Less any applicable copay.

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