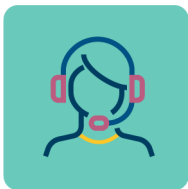




BLUE-LIGHT BLOCKING GLASSES



42% of Americans are working from home¹



93% of households with school-age children report some form of distance learning during COVID-19²



80% of Americans use digital devices 2+ hours daily. **59%** of those reported symptoms of digital eye strain³



64% of eyecare professionals notice more patients experiencing issues due to increased screen time⁴

BLUE-LIGHT BLOCKING GLASSES ARE COVERED WITH CEC

With all of us spending more time online for work, school, and other activities, our eyes may feel more strained or tired, which could lead to potential eye health issues in the future.

As a CEC member, you can use your flexible eyewear allowance to purchase prescription and non-prescription blue-light blocking glasses. Blue-light blocking glasses can assist in decreasing digital eye strain and sleep disruption.

20-20-20 RULE

Keep in mind that screen time breaks are essential. Follow the 20/20/20 rule: after 20 minutes of screen time, look at something at least 20 feet away for 20 seconds. This will give your eyes a much-needed rest.



Visit cecvision.com/search to find an in-network provider who can tell you if blue-light blocking glasses are right for you.

CEC Community Eye Care is a registered trademark of Vision Service Plan.

¹ Stanford Institute for Economic Policy Research, 2020

² Census.gov, Schooling During the COVID-19 Pandemic, 2020

³ The Vision Council, 2020

⁴ Vision Monday, 2020