

WHAT YOU NEED TO KNOW ABOUT BLUE LIGHT



WHAT IS BLUE LIGHT?

- Blue light is the highest energy wavelength of visible light which is able to penetrate through the eyes' natural filters.
- Electronic devices that light up emit varying degrees of blue light, which include cell phones, tablets, computers and televisions.
- Increased exposure can cause permanent damage to the eyes over time as effects are cumulative and can lead to conditions such as macular degeneration.
- Children may be more at risk due to their inclination and overuse of electronic devices affecting eyes that have not fully developed.

TOP FOUR TIPS TO PROTECT YOUR EYES



1

FOLLOW THE 20/20/20 RULE

While working on the computer or using an electronic device, follow the 20/20/20 rule. Simply take a break from looking at the screen every 20 minutes and focus on an object 20 feet away for 20 seconds.



2

ASK ABOUT SPECIAL COATINGS

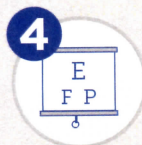
Be informed and ask your provider about special lenses or coatings that may be covered as part of your benefit. Davis Vision offers fixed lens pricing on all coatings and enhancements, so you aren't left guessing at the time of your purchase.



3

WEAR YOUR SHADES

Keep your eyes protected against harmful light by wearing sunglasses outdoors. Transitions Signature offers adaptive lenses to keep your eyes out of harms way - both indoors and outdoors.



4

SCHEDULE AN EYE EXAM

Be sure to schedule your annual eye exam. This is one of the best ways to prevent eye strain and the harmful effects of blue light exposure. Your optometrist will be able recommend computer, reading or regular glasses based on your overall needs.



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1 (800) 283-9374
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