

# 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® Vision Care network doctor.

## Defend your eyes indoors and out.

**Wear blue light filtering glasses indoors** to support a more comfortable viewing experience. Excessive blue light exposure from digital screens and fluorescent lighting may contribute to dry, tired, sore, and watery eyes, blurred vision, and headaches—all possible symptoms of 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.

With thousands of locations—including private practice doctors, Visionworks®, and Eyemart Express retail locations nationwide, getting the most out of your benefits is easy at a VSP Premier Edge™ location.



Get more at preferred in-network doctor locations



Prefer to shop online? You can use your benefits in-network on **Eyeconic®**, the VSP preferred online eyewear store. 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>2</sup>

### Eyewear

Use your frame and lens allowance toward ready-made:

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

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

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

1. Tips for Choosing the Best Sunglasses, American Academy of Ophthalmology, June 2021. 2. Less any applicable copay.

Premier Edge is not available to some members in Texas. Visionworks, Eyeconic, and Eyemart Express family of stores are VSP-affiliated companies.

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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