

# Guarding against blue light

## BLUE LIGHT BASICS

Cell phones, tablets, laptops, and TVs illuminate our world. But with these digital devices comes exposure to blue light, the part of the light spectrum visible to the human eye. And the effects of blue light are eye-opening – blurry vision, difficulty focusing, dry and irritated eyes, headaches and even macular degeneration.

## PROTECT YOUR EYESIGHT

Blue light isn't all bad news. It just creates new vision needs – like blue light-filtering lenses or anti-reflective coatings. These special lens treatments provide protection from UV rays and harmful high-energy blue light. All without altering or distorting color perception. And lucky for you, EyeMed members now have multiple options for purchasing eyewear with blue light-filtering technology.



### LENSES

Blue light protection added to the lens material



### LENS COATINGS

Blue light filtering anti-reflective coatings

While both options are helpful, some studies indicate that adding blue-light protection directly into the lens material may be more effective. In fact, one study showed that Featherwates Blue IQ lenses offered by LensCrafters filter up to 5 times more blue light than coating alone.\*

Now, you can keep your eyes protected for as little as \$15.\*\* It's a small price to pay for peace of mind. As always, consult your eye doctor to find the best protection for your lifestyle and vision needs.

## SEE THE GOOD STUFF

Register on [eyemed.com](http://eyemed.com) or grab the member app (App Store or Google Play) to find an eye doctor near you today.

\* LensCrafters internal lens review, 2016

\*\* May be subject to additional upcharges based on your selections.

