

# VSP COMPUTER VISIONCARE PLAN



Nearly 60% of adults report experiencing symptoms of digital eye strain, also known as Computer Vision Syndrome. People spending two or more continuous hours at a computer or using a digital screen device every day are most at risk for this.<sup>1</sup>



Many people aren't aware they're experiencing Computer Vision Syndrome (CVS), which may include one or more of the following symptoms:

- Neck and shoulder pain
- Headaches
- Fatigue
- Irritated eyes
- Blurred or double vision
- Loss of focus

Ask your VSP® network doctor about eyewear specifically designed to reduce the impact of using digital devices, with features such as anti-reflective and blue light-filtering capabilities.

## YOUR VSP COMPUTER VISIONCARE PLAN™ COVERAGE WITH A VSP NETWORK DOCTOR<sup>2</sup>

Eye Exam	<ul style="list-style-type: none"><li>• An annual, fully covered comprehensive WellVision exam<sup>3</sup></li><li>• Exam specifically designed to detect eye health and vision issues caused by regular computer and digital device use</li></ul>
Eyewear	<ul style="list-style-type: none"><li>• Frames and lenses fully covered up to your retail allowance<sup>3</sup></li><li>• Up to 20% savings on the amount above your retail frame allowance<sup>3</sup></li><li>• Savings on additional pairs of prescription glasses</li></ul>

**Complete request form online on our PeopleSoft Website: <https://selfservice2.cccounty.us> Login, go to Benefits and click on submit a CVC Voucher Request to complete the form.**

**Learn more at [vsp.com](https://vsp.com) | 800.877.7195**

1. The Vision Council, Digital Eye Strain, 2020 (<https://www.thevisioncouncil.org/content/digital-eye-strain>). 2. Your prescription for computer glasses will be different from other prescription glasses. 3. Less any applicable copay.