



Blue Light and Screen Time Guide for Employers

Strategies to Help Employees Maintain or Improve Their Eye Health



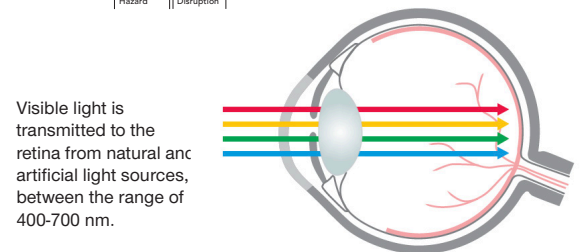
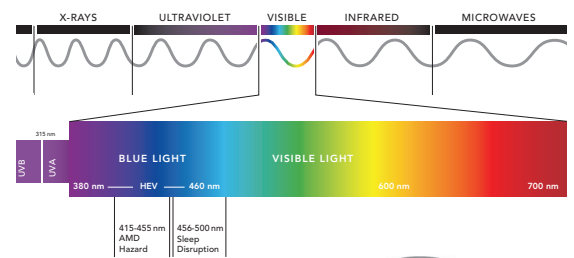
Many employees are spending an unprecedented amount of time on digital devices each day

Screen time has increased dramatically for millions of Americans in recent years. Based on a recent analysis, the average person spends up to 13 hours per day in front of digital devices, up from between 7 to 10 hours a day in 2019.¹ Some people are spending more time in front of digital devices than sleeping. Why is this development concerning?

Excessive use of digital devices may cause symptoms of digital eye strain and contribute to short-term and long-term eye health issues.²

What is blue light?

All digital devices, such as smartphones and computers, emit “blue light,” which is a low wavelength, high-energy light that has the potential to damage the eyes over the long term.²



¹ <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day/>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6288536/>

Digital eye strain

Currently, 4 in 5 adults report symptoms of digital eye strain, in part due to extended computer and smartphone usage and prolonged exposure to the high-energy blue light.¹ The health impacts of digital eye strain and over-exposure to blue light may lead to:

- Dry, irritated eyes
- Trouble sleeping
- Blurred vision
- Reduced attention span
- Irritability and difficulty concentrating

Helping keep employees healthier and productive

In general, healthy vision may be supported by a holistic approach, including awareness, education and eye protection solutions together with comprehensive eye exams to help detect and enable for clinical care interventions to help address vision problems.

Practical approaches to help encourage good eye health for employees⁴

- 1** Keep computer screens at least 30 inches away from eyes.
- 2** Look for warning signs of eye health issues, such as squinting while looking at screens, discomfort or dizziness.
- 3** Get a comprehensive eye exam.
- 4** Consider using digital devices with built-in eye protection or add screen filters to help reduce blue light.
- 5** Consider adding a “workplace benefits” option to the vision plan, helping provide coverage for blue light blocking eyewear.



Nearly 80% of eye care professionals estimate that blue light is impacting not only patients' eyes but their overall physical and mental health.²

Over 77% of employers want a specific insurance or benefit plan covering impacts of screen time.²

Nearly 53% of employers ranked blue light-related solutions as the most important vision benefit enhancement.²

81% of employers believe blue light protection may improve workplace productivity.²



Excessive exposure to high-energy blue light has been connected with:

- Digital eye strain
- Circadian rhythm disruption and melatonin suppression
- Potential long-term retinal damage, age-related macular degeneration and other physiologic impacts³

¹ https://www.researchgate.net/publication/324556803_Digital_eye_strain_Prevalence_measurement_and_amelioration

² <https://eyesafe.com/uhc>

³ <https://www.pointsdevue.com/article/blue-light-scientific-evidence-patient-care>

⁴ The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition.

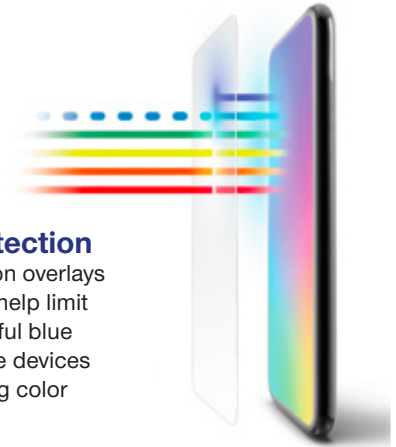
Product solutions that may help maintain eye health

Some new vision benefit programs¹ may offer a variety of options for supporting a healthier work environment, including discounts for:



Laptop, Notebook and Computer Displays

Low blue light displays may help to reduce eye health hazards at the source.



Screen Protection

Screen protection overlays a filter that may help limit potentially harmful blue light from mobile devices without changing color integrity.



Eyewear

Eyewear with anti-reflective coating may help prevent potentially harmful reflective glare and reduce the risk of digital eye strain.²



Employers may consider products that meet industry standards for low blue light

UnitedHealthcare Vision offers guidance on display types from leading brands that meet maximum permissible energy and color performance requirements – all guided by the latest health research and input from leaders in health care.³

¹ Coverage may be available to eligible beneficiaries with qualified vision plans underwritten or administered by UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by MARCH® Vision Care Group, Inc. or their affiliates.

² Pending availability

³ <https://eyesafe.com/standards>

Find out what UnitedHealthcare Vision can do for your employees' eye health in connection to screen time

eyesafe.com/uhc

United Healthcare | eyesafe®

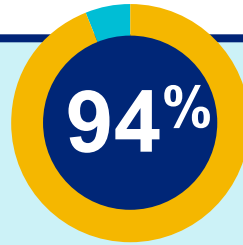
Screen Time 2020 Report Overview

As people may be spending more time on digital devices due to COVID-19, some eye care professionals and employers are becoming increasingly concerned about the potential health impacts of increased exposure to blue light. Highlights of the report are shown below. A complete copy of the report is available on <https://eyesafe.com/uhc>

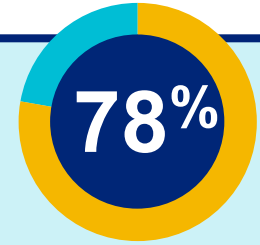


13+ hours

are spent on screens per day since COVID-19 emerged.¹



of eye doctors are concerned.²



of employers are concerned.²

By offering blue light protective solutions, eye care providers believe the expected benefits most often cited include:



Sleep improvement (71%)²



Improve eye and vision care (69%)²



Greater satisfaction with their overall care (56%)²



Morale and mood increase (45%)²

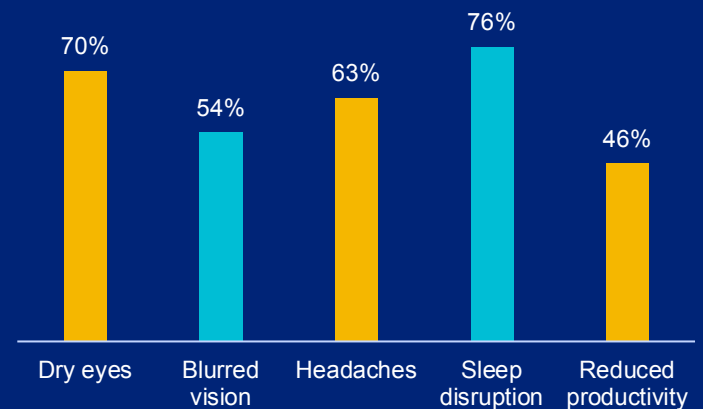
Employers and eye care professionals both identified the light sources presenting the most potential health issues for employees and patients:²

- Phones
- Notebook/desktop computers

Over 77% of employers want a specific insurance or benefit plan covering impacts of screen time.²

Nearly 8 in 10 eye care professionals estimate that blue light is impacting not only patients' eyes but their overall physical and mental health.²

Symptoms most cited by eye care professionals as a result of excessive blue light exposure from digital devices include:²



¹ <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day/>

² <https://eyesafe.com/uhc>

