



National Vision Administrators, L.L.C.

NVA Smart Buyer® takes a look at Blue Light and Digital Devices

Does Blue Light emitted from digital devices really harm your eyes?

As of today, there is no clinical evidence of damage to the eye caused by blue light produced from digital devices such as smartphones, tablets, computers, and flat screen TVs.^(1,2) The discomfort people experience after looking at their digital device screen for a long period of time is most likely caused by digital eyestrain and not blue light.

For those that would rather limit their exposure to blue light, it's important to know that the majority of blue light that most people are exposed to comes from sunlight. Consider wearing sunglasses with brown and gray lens colors when you're outside to reduce blue light exposure.

Blue Light Blocker Fixed Prices

We understand people may want to protect their eyes as it relates to blue light and digital devices. So, to help NVA members save money, we have fixed the maximum amount that you will pay at any NVA participating provider for a selection of lenses and coatings with blue light blocking technology. NVA offers these savings on three categories of blue light blocker protection: Standard, Premium, and Ultra. Blue Light 'blockers' sold as standard are available as lenses, coatings or tints. The standard lenses are only available for single vision prescriptions. Premium or ultra options are lenses or coatings that offer additional features such as anti-reflective and scratch-resistance coatings, among others, and/or are available in numerous materials and prescriptions. Also the lenses could come in colors or clear. Your eye care professional may direct you to the best option that suits you.

BLUE LIGHT BLOCKER FIXED PRICES

These discounts are not insured benefits and are available at in-network providers only at the time of service.

STANDARD Up to \$40 or 20% off the in-network provider's (U&C) price, whichever is less	PREMIUM Up to \$60 or 20% off the in-network provider's (U&C) price, whichever is less	ULTRA Up to \$150 or 20% off the in-network provider's (U&C) price, whichever is less
Generic Blue Blocker (coatings and tints)	Bluetech Ultra (lenses)	Zeiss Dura Vision Blue Protect (coating)
Vision-Ease Clear Blue Filter (lenses)	Bluetech Classic (lenses)	Hoya Recharge EX3 (coating)
	Bluetech Max (lenses)	Shamir BlueZero (lenses)
	Kodak Total Blue (coating)	Seiko Super Resistant Blue (coating)

The fixed prices are not available in every state. For lens options & services purchased from a participating NVA provider, NVA members will only pay the fixed maximum amount or the provider's Usual and Customary (U&C) charge less 20%, whichever is less. Participating providers are not contractually obligated to offer sale prices in addition to coverage.

\$ NVA Smart Buyer® Tip



Blue blocker protection is included in the following products: Transition® lenses, Eyezen™ lenses, all digitally-surfaced Varilux® progressive lenses, and Crizal® Previncia anti-reflection/glare coating and are not included under the NVA blue light blocker fixed prices. If you plan to purchase either of these lenses or coating, you do not need blue blocker protection and should not be charged extra for it.

Source References:

- O'Hagan, J B, M Khazova, and L L A Price. "Low-Energy Light Bulbs, Computers, Tablets and the Blue Light Hazard." Eye 30.2 (2016): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4763136/>
- Tosini, Gianluca, Ian Ferguson, and Kazuo Tsubota. "Effects of Blue Light on the Circadian System and Eye Physiology." Molecular Vision 22 (2016): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4734149/>

