

## The Eyes Have Had It

### Preventative Care Can Help Ease the Strain



Computers and advances in technology continue to make many aspects of our jobs easier, but they could be adversely affecting our eyes.

According to the American Optometric Association (AOA), American Eye-Q® survey, nearly half of all Americans spend five or more hours a day using a computer or a smart phone. And, all those hours behind the computer are taking a toll on people's eyesight and their performance. Eye strain, eye injuries and other vision disorders are costing U.S. companies \$8 billion a year in productivity.<sup>1</sup>

"When it comes to their health, most people tend to overlook their eye sight," said Paul Walker, product development marketing specialist at [Assurant Employee Benefits](#). "As people age they grudgingly accept deteriorating vision as a sign of getting older. But what most people still don't know is that they can take preventative steps to protect their vision and that taking care of your eyes is just as important as taking care of the rest of your body."

Walker said this growing realization and the increased focus on eye health has resulted in insurance brokers requesting that Assurant Employee Benefits develop a vision plan that they could offer to their customers. In response, Assurant Employee Benefits recently launched a fully-insured vision plan with [VSP Vision Care](#).

"We listened to our brokers when they told us they needed to provide a quality vision product to their customers," he said. "Working with them we developed a preventive offering that covers tangible benefits such as glasses and contacts as well as yearly eye exams by qualified professionals."

Preventive eye care is critical for early identification of diseases such as glaucoma and cataracts when they are most treatable, preventing vision loss and further complications, according to the American Academy of Ophthalmology.

Learn more about how to protect your vision in "[Taking Care of Your Eyes in a High-Tech World](#)" from the American Academy of Ophthalmology.

Read [more](#) about Assurant Employee Benefits' Vision Plan.

<sup>1</sup> U.S. Consumer Product Safety Commission