



**SCREEN TIME, HEALTH &
WELLNESS IN THE DIGITAL AGE**



BLUE LIGHT
SUMMIT 2020



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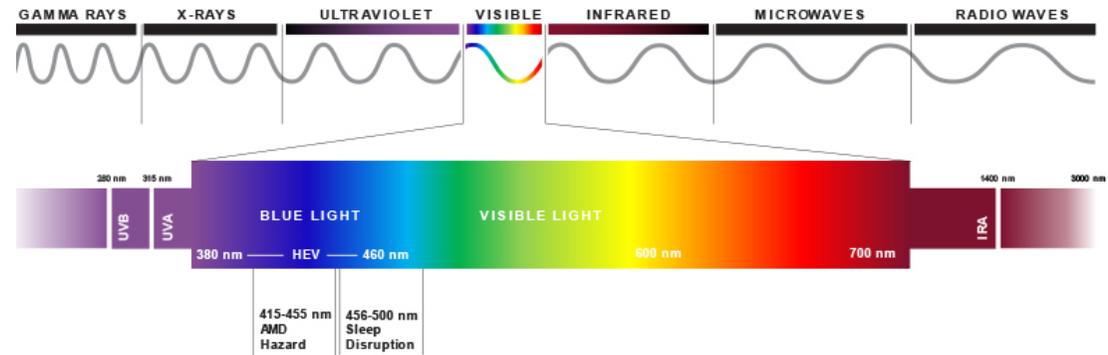
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Blue light is a particularly intense light emitted from digital devices

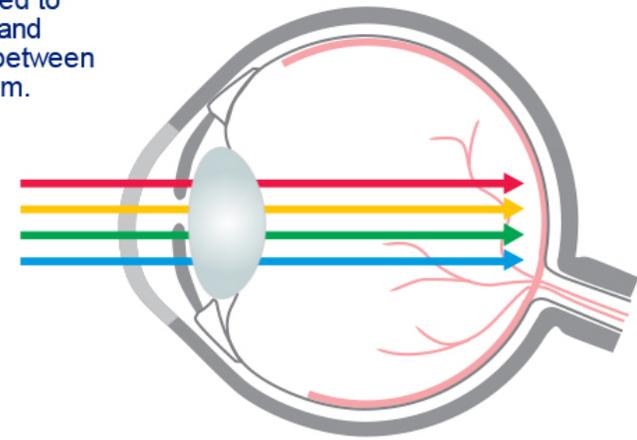
What is Blue Light?

All digital devices, such as smartphones and computers, emit something called “blue light,” a low wavelength, high energy light that has the potential to damage the eyes over the long term.¹

Although there are other sources of blue light that we’re exposed to on a regular basis (the sun also emits blue light), the particular concern with digital devices is two-fold: 1) People are often in close proximity to this technology, in some cases a handful of inches; 2) The prolonged exposure as people now spend an average of 13 hours per day on screens since COVID-19 emerged.² Children are a particular concern because their developing eyes absorb more blue light than adults, putting them at greater risk of damage.



Visible light is transmitted to the retina from natural and artificial light sources, between the range of 400-700 nm.



¹ International Journal of Ophthalmology, 2018, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6288536>

² Eyesafe, 2020, <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day>

Digital Screen Use

80%

of American adults use digital screens more than 2 hours every day.⁹

59%

of American adults experience symptoms of digital eye strain.⁹

13+

hours of screen time are spent per day since COVID-19 emerged.¹⁰



Besides playing outside, the most popular activities children engage in are:⁹

- Playing on a digital device (23%)
- Watching TV (20%)

⁹ The Vision Council, <https://thevisioncouncil.org/content/digital-eye-strain>

¹⁰ Eyesafe, 2020, <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day>



Digital Eye Strain

The physical discomfort caused by the prolonged use of digital devices, including computers, smartphones and tablets.

Common symptoms include:¹¹

- Sore and tired eyes
- Watery or dry eyes
- Blurry vision
- Headaches
- Sore neck, shoulder or back

Prolonged screen time can also lead to reduced attention span, poor behavior and irritability.



¹¹ American Optometric Association, <https://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision/computer-vision-syndrome>



Download the Screen Time 2020 Report Overview

Available at eyesafe.com/uhc



13+ hours

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



of eye doctors are
concerned.



of employers are
concerned.

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



Sleep improvement
(71%)



Improve eye and vision
care (69%)



Greater satisfaction with
their overall care (56%)



Morale and mood
increase (45%)

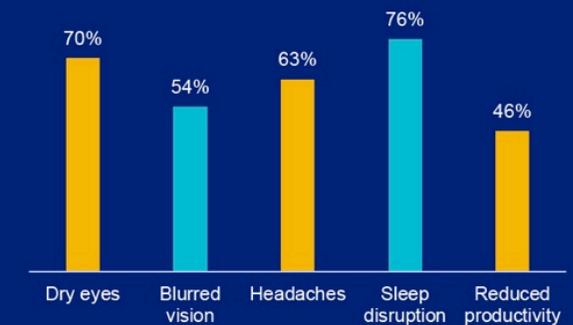
Employers and eye care professionals both identified the light sources presenting the most potential health issues for employees and patients:

- Phones
- Notebook/desktop computers

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

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

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



Source: Employer and Eye Care Provider Screen Time Survey 2020

¹ Eyesafe, 2020, <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day>



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