

# Health & Wellness Tip of the Week

# Week 11 March 12, 2018

**Our mission is to promote health awareness and encourage healthy lifestyles.**



BlueCross BlueShield  
of Texas

Take wellness to heart

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## Is the Digital Life Hurting your Eyes?

Blue light is the light given off by digital electronics. Being exposed to blue light can lead to:

- Eye strain
- Sleep problems
- Blurred eyesight
- Headaches
- Neck and shoulder pain

Americans spend too much time looking at digital screens like smartphones, tablets, LED computers and flat-screen TVs. Protect your eyes with these easy fixes:

- Turn off digital gadgets one hour before bed
- Follow the 20-20-20 rule: take a 20-second break after 20 minutes by looking away from the screen and looking at something 20 feet away.
- Zoom in and step back: Work at the right distance from your screen and zoom in to see small print.
- Beat the glare: Set the screen to lower glare or use a glare filter to lower blue light.

*Source: American Optometric Association*

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