WHAT'S NEW

Summertime fun? Your peepers need protection too!
Summer is officially here and with it, endless opportunities to enjoy the outdoors. It's important to wear sunscreen to protect your skin from the sun's harmful rays, but did you know your eyes are at risk for sun damage too? If you've spent several hours in the sun and your eyes are watering, itchy, sensitive to light, or dry and gritty, it's likely you have sunburned eyes.

So how do you protect your eyes from UV rays? Easy: sunglasses! Have fun with it and choose a stylish pair that reflects your personal taste, but make sure the lenses have 100% UVA/UVB protection. And don't forget about the kids—UV damage builds up over time, so it's equally important that your children wear sunglasses too. Check out eyeconic.com, our online optical store, and get the latest designer sunglasses at 20% off for VSP members!

Have a happy and safe summer! Looking for additional eye health and wellness information? Visit the Eye Care Information section of vsp.com for articles, tips and special offers for VSP members only.

MONTHLY OBSERVANCES

July 2012—UV Safety Month
Nutrients, Sun Protection and Treatment: Fighting Macular Degeneration Age-related macular degeneration (AMD) currently impacts 10 million Americans. Learn more about the link between UV rays and AMD, and how you can protect yourself.

August 2012—Children's Eye Health and Safety Month
How to Tell if Your Child Needs Glasses
Ever wonder if your child needs glasses? You may be surprised at some of the signs you've been missing.