



Executive Summary: Blue Light Protection

2017 Transitions Optical
*Employee Perceptions of Vision
Benefits Survey*

Transitions HEALTHY SIGHT
WORKING FOR YOU®

Overview

Since 2010, Transitions Optical has conducted consumer research to better understand employee perceptions, purchase decisions and usage of vision benefits.

Insights from the surveys have helped inform brokers and HR professionals on how to deliver vision plans that improve employee eye health, job satisfaction and overall productivity and well-being.



Methodology

Online survey conducted by Wakefield Research on behalf of Transitions Optical in December 2016 among 1,002 nationally representative U.S. adults, ages 18+, employed full- or part-time, whose employers offer vision benefits.



What is blue light?

Harmful blue light is often associated exclusively with digital devices and screens. However, harmful blue light is actually present both indoors and especially outdoors, with the sun being the largest singular source. In fact, depending on time of day, 25-30 percent of outdoor light is blue light.

Long term exposure to harmful blue light has been linked to increased risk of developing age-related macular degeneration (AMD)³, which is the leading cause of vision loss in adults over the age of 50⁴. Blue light from the sun also scatters through the atmosphere and can cause glare. The result is visual discomfort and fatigue.



³ Arnault E, Barrau C, Nanteau C, Gondouin P, Bigot K, et al. "Phototoxic Action Spectrum on a Retinal Pigment Epithelium Model of Age-Related Macular Degeneration. Exposed to Sunlight Normalized Conditions." PLoS ONE 8(*): e71398.doi:10.1371/398.August 23, 2013.

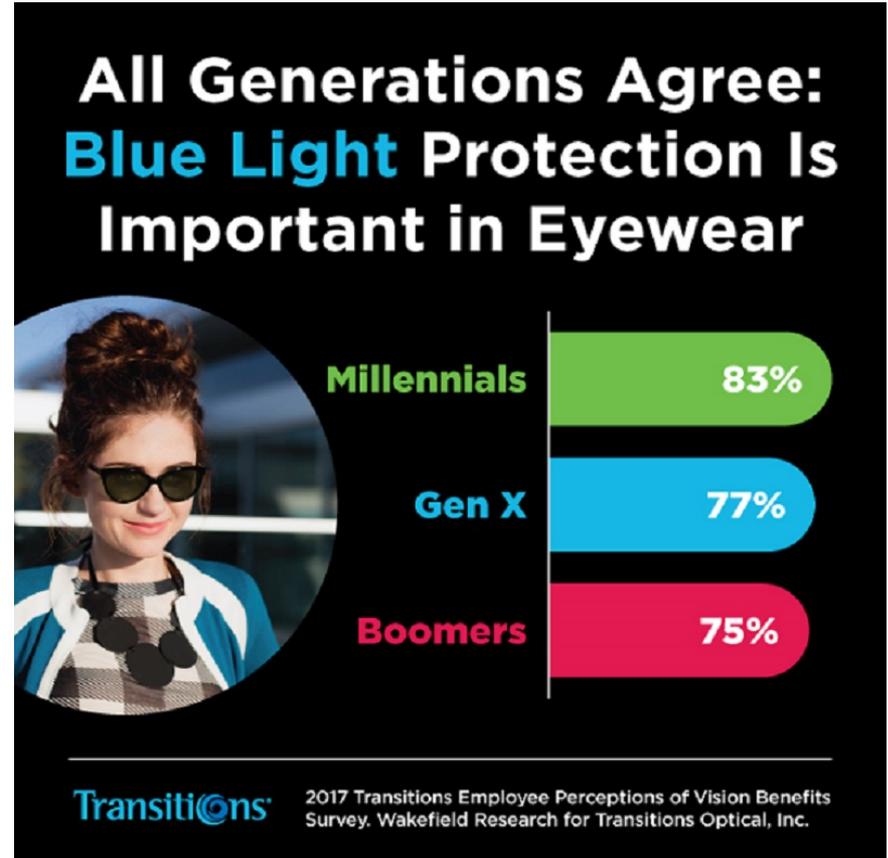
⁴ National Institutes of Health National Eye Institute. Facts about Age-Related Macular Degeneration. Retrieved from: https://nei.nih.gov/health/maculardegen/armd_facts



Key takeaway 1: All generations care about blue light protection

All generations of employees think blue light protection is important in eyewear, with 83% of millennials, 77% of Generation X and 75% of Baby Boomers feeling this way.

On average, 78% of employees agree that blue light protection is important in eyewear, positioning the issue as top of mind when purchasing lenses.



Key takeaway 1: All generations care about blue light protection

(Data breakdown by generation)

How important or unimportant is it for you to have blue light protection in your prescription eyeglasses?

Response	Total	Millennial	Gen X	Boomer
Very Important	33%	38%	29%	31%
Somewhat important	46%	45%	48%	43%
Somewhat unimportant	16%	13%	16%	21%
Very unimportant	5%	5%	7%	4%

Quick Facts

Response	Total	Millennial	Gen X	Boomer
Important (net)	78%	83%	77%	75%
Unimportant (net)	22%	17%	23%	25%



Key takeaway 2: Employees prefer built-in blue light protection

Employees who wear eyeglasses prefer wearing prescription glasses that have built-in blue light protection to protect against harmful blue light, versus other options.

Among employees who wear eyeglasses, 44% would choose to wear eyeglasses with built-in blue light protection, versus 24% who would change digital device settings, 17% who would limit screen time and 14% who would apply a screen protector with a blue light filter for digital devices.

Employees Prefer Built-in Blue Light Protection

To protect their eyes from blue light, employees say they would:



Wear eyeglasses with built-in protection
44%



Change digital device settings
24%



Limit screen time
17%



Apply a screen protector/filter on digital devices
14%

Question asked among employees who wear corrective eyewear

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2017 Transitions Employee Perceptions of Vision Benefits Survey. Wakefield Research for Transitions Optical, Inc.



Key takeaway 2: Employees prefer built-in blue light protection

(Data breakdown by generation)

Which of the following solutions would you most likely use to protect against blue light?

Response	Total	Millennial	Gen X	Boomer
Wearing prescription eyeglasses that have built-in blue light protection	44%	38%	44%	53%
Changing the settings on digital devices to reduce blue light	24%	27%	24%	19%
Limiting my amount of screen time	17%	17%	19%	16%
Applying a screen protector on my digital devices that filters blue light	14%	18%	13%	12%



Key takeaway 3: Employees need educated on blue light protection

While the vast majority of employees place importance on blue light protection, few report having it in their lenses, and a large percentage admit they don't know.

Almost half (46%) of employees do not know if their eyeglasses have built-in blue light protection, 28% are unsure and only 26% say they do.

Help Protect Your Sight From Blue Light

Do you know if your eyeglasses have blue light protection?



Transitions® lenses block at least 20% of harmful blue light indoors – which is up to 2x more than standard clear lenses* – and over 85% outdoors.

*Transitions® lenses block 20% to 36% of harmful blue light indoors excluding CR607 Transitions® Signature™ VII products which block 14% to 19%. The 2 times comparison refers to typical clear 1.50 and polycarbonate hard-coated lenses.

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Key takeaway 3: Few employees report having blue light protection

(Data breakdown by generation)

Do your current lenses have blue light protection?

Response	Total	Millennial	Gen X	Boomer
No	46%	41%	49%	49%
Yes	26%	35%	25%	13%
Not Sure	17%	17%	19%	16%



About Transitions Healthy Sight Working for You®

A public awareness and education initiative created to increase awareness of the need for **quality eye care and eyewear through a vision benefit**

Content for benefits brokers, employers and employees

Education and tools to show how using a vision benefit can:

- Manage health care costs
- Boost productivity
- Increase employee satisfaction

www.HealthySightWorkingforYou.org



Email HSWFY@Transitions.com
for additional inquiries on the survey
findings