

**HASHTAGS TO USE:** #vision #eyes #benefits #visioncare #eyecare #eyeexams #wellness

### **TWITTER CONTENT (15)**

1. Blue light throws off circadian rhythm—and much more. Did you know it can harm your long-term #eyesight too? Learn how. [LINK]
2. Pop quiz. Why is the sky blue? Hint: it has to do with damaging blue light from the sun. Protect your #vision & #health [LINK]
3. Just 15 min in the sun can have the same damaging effect to your #vision as 10 hours of screen time. How to keep your #eyes safe: [LINK]
4. Screen time is harmful to your eyes, but summer rays are even worse. Learn how EyeMed #benefits can keep your #eyes safe this summer. [LINK]
5. May is UV Awareness Month! Celebrate by picking up a new pair of sunglasses to keep your #eyes safe this summer. #uvawareness[LINK]
6. EyeMed's #vision #benefits allow employees to buy #eyewear with blue light filtering technology. [LINK]
7. Sunglasses are for everyone—not just rock stars. Learn why you should keep your #eyes safe from the sun's blue light this summer: [LINK]
8. Cell phones and screens emit damaging blue light exposure. So does the sun. Get your #eyes checked and protected today: [LINK]
9. Help employees prevent blurry #vision, difficulty focusing, dry and irritated #eyes, headaches and more: [LINK]
10. Summer is for sitting by the pool, lake, or beach, and soaking in the rays. It's also for protecting your #eyes with your favorite shades. #vision #health [LINK]
11. Poor #vision can hinder employee productivity. Get resources from EyeMed to help employees protect their #eyesight. [LINK]
12. EyeMed's #vision doctors can prescribe lenses with built-in blue light and UV protection: [LINK]
13. Protect your #eyes with the latest in #vision technology, including lenses which absorb 85% of blue light and 100% of UV rays. [LINK]

14. Did you know most #EyeMed network doctors offer employees an extra 20% off non-prescription #sunglasses? [LINK]

15. Remind employees that their #vision #benefits include #sunglasses and lenses that protect against blue light exposure: [LINK]

### **LINKEDIN CONTENT (1)**

Blue light exposure from cell phone, tablet, and other screens can cause serious damage to your eyes. But did you know blue light from the sun does even more damage? In fact, just 15 minutes in the sun can hurt the eyes as much as 10 hours of screen time! Now that it's summer, remind employees to protect their eyes with blue light protective lenses and sunglasses.

#### **Don't get burned by blue light**

**By EyeMed guest blogger: Brian Chou, OD, FAAO**

[Automatically pulled LinkedIn summary]

[Link to article]

### **FACEBOOK CONTENT (3)**

Summer Tip #1: Always pack your #sunglasses in your favorite summer bag. Without them, the sun's blue light can do serious damage to your #eyes.

[Link to article]

Tip #2: Ask your #eye doctor about EyeMed's coverage for sunglasses and blue light filtering lenses. It'll help save your #eyesight long-term.

[Link to article]

Tip #3: Limit screen time and get outside! But not without #UV protective lenses and sunglasses. Trust us, your #eyes will be thankful.

[Link to article]