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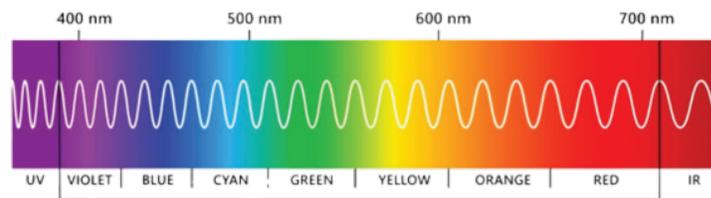
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Blue Light Exposure

In the modern world, understanding the effects of blue light exposure has become increasingly important. While blue light has always been around as a natural component of sunlight, excessive exposure to artificial blue light through technology has been known to impact our health.

As a source of visible light, blue light is measured on the electromagnetic spectrum, which is made up of different sources of energy as light. This includes x-rays, microwaves, radio waves, visible light, etc. Visible light is the only source of the electromagnetic spectrum that humans can see. On the electromagnetic spectrum, visible light appears between 400 and 700 nanometers – each color has its own measurement of visibility. Blue light is known to have a shorter wavelength, which means it has a higher energy and therefore more potential to cause harmful effects on the eyes.¹



VISIBLE SPECTRUM

One commonly misunderstood fact about blue light is that the strongest and most powerful source of blue light is from the sun, not digital devices. For example, the difference between exposure to blue light from the sun vs. exposure to blue light from digital screens is described below:

- A smart phone emits 0.0013 watt/m² at 435nm
- The sun emits 0.175 watt/m² at 435nm

This means that a person on their smart phone would need to be on their device for over two hours to receive the same amount of blue light exposure as someone sitting outside in the natural sunlight for one minute.²

The strength of blue light causes damage to the eyes as it passes through the cornea, the lens, and then reaches the retina. When the retina is damaged this in turn can cause damage to your vision. Some conditions that can be caused by a damaged retina include age-related macular degeneration, cataracts, eye cancer, and growths on the clear part of the eye.³

In addition to physical damage to the retina, prolonged exposure to blue light through screens without taking proper breaks can also cause eye strain, fatigue, dry eyes, irritated eyes, headaches, and even disruption to sleep patterns.⁴

Knowing that the main source of blue light is the Sun, the best way to protect your vision is to wear sunglasses when outside and to avoid staring at a sunny sky. Other ways to prevent harm from blue light exposure are to limit screen exposure, adjust the brightness on your devices, and take regular breaks from digital devices by using the 20/20/20 rule – stop every 20 minutes to focus on objects that are 20 minutes away for about 20 seconds before going back to your digital screen.⁴

While it is very difficult in our modern world to completely prevent exposure to blue light, it is possible to use protective measures to shelter your eyes. Understanding the effects blue light can have on your eyes over time can help us all learn to be more aware of our ocular health.

Sources:

- 1: <https://www.webmd.com/eye-health/what-is-blue-light> | 2: <https://jamanetwork.com/journals/jamaophthalmology/fullarticle/416298> | 3: <https://health.ucdavis.edu/blog/cultivating-health/blue-light-effects-on-your-eyes-sleep-and-health/2022/08#:~:text=Constant%20exposure%20to%20blue%20light,white%20part%20of%20the%20eye.>
4: <https://www.healthline.com/health/what-is-blue-light#risks-and-side-effects>

Maximizing Prescription Benefits: A Guide to Help Members Make the Most of Their Rx Benefits

Prescription benefits are an essential component of healthcare coverage, providing individuals with access to necessary medications to manage and improve their health. However, many members may not fully understand or utilize the resources available to them through their prescription benefits.

The first step in maximizing prescription benefits is understanding what is covered under your plan. BeneCard simplifies this by providing our members with multiple ways to easily access their coverage:



[Member Portal](#): Simplify your online access to prescription benefits with the BeneCard PBF member portal. Once registered through our secure portal, members will gain access to the following features:

- Review your prescription history
- See savings opportunities with our drug pricing tool
- Access your ID card to provide you with your most current benefit coverage information
- Check the status of clinical reviews
- Locate a pharmacy near you
- Manage refill medications for Benecard Central Fill
- Setup notifications to send via email or text for refill reminders, shipping updates, clinical review messages

[Member Mobile App](#): Available on the App Store or Google Play, our mobile app provides fast, easy, and secure access to member services all from your smartphone. With our app, members have access to:

- View and refill mail order prescriptions through our Benecard Central Fill Mail Service Pharmacy
- Pharmacy finder
- Drug pricing tool to help you make the most of your benefits

In addition, our in-house mail-order pharmacy, [Benecard Central Fill](#), provides members access to our high-touch, state-of-the-art mail service pharmacy for their prescription needs. We use a proprietary fulfillment system to support convenient, accurate, and efficient medication delivery to members. Members can use the member portal or mobile app to easily refill their medications on file with Benecard Central Fill.

Empowering members with knowledge about their medications and health conditions is crucial for optimizing their prescription benefits. That's why we put together this list of additional helpful resources below:

- [Mobile App Features & Account Setup](#)
- [Frequently Asked Questions](#)
- [Digital ID Card Instructions](#)

Maximizing prescription benefits requires proactive engagement and utilization of available resources. By understanding prescription coverage and taking advantage of our mail service pharmacy, members can optimize their healthcare experience and achieve better health outcomes. Together, we hope to empower individuals to take control of their health and make the most of their prescription benefits.

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Why & How Employers Are Promoting Volunteer Service

Spark Team at ADP (Originally published on ADP's blog, "Spark")

Many employers consider social responsibility to be not only the right thing to do but also a way to help attract applicants, foster greater engagement and satisfaction among employees, promote teamwork, and generate goodwill in the community.

How can an employer encourage volunteer service?

As an employer, there are several approaches you can take. Here are some options to consider.

Lead by example.

To foster an environment in which employees volunteer and give regularly, company leadership should promote their company's commitment to the community. To do so, consider developing programs and policies that target community interests, and devote the appropriate resources to your programming efforts.

In addition, executives can encourage charitable efforts by participating themselves, championing volunteer and giving programs, and recognizing employees' efforts. The encouragement of leadership is key, but employers should remember that participation in these programs should be strictly voluntary.

Help employees find nonprofit organizations that match their interests.

Keep in mind that employees are typically more likely to commit to organizations that match their interests. Employers can help employees find nonprofit organizations by pointing them to resources that post volunteer opportunities. Other options include hosting a volunteer fair or obtaining brochures from a variety of local nonprofits.

[Click here](#) to continue reading about how employers are promoting volunteer work.

