

# Spectrum EyeCenter

## March is Workplace Eye Wellness Month

### Why It Matters

- Digital eye strain affects more than 68% of all employees in the US
- This can lead to dry eyes, headaches, blurred vision, and fatigue



### How You Can Avoid This

- Follow the 20-20-20 rule: Every 20 minutes, take a 20-second break to look at something 20 feet away. This allows the eye muscles to relax from intense, close-up focus.
- Ask about computer/occupational lenses made for all-day screen + near/intermediate work.



## Did you know?

### Book Appointments & Pay Your Bill Online

You can now schedule appointments anytime through our online scheduling portal. You can also pay your bill online using the billing portal—both available on our website → [www.myspectrumeyes.com](http://www.myspectrumeyes.com)

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## Varilux Lens Spotlight

### Varilux Perfect Pair Promo (Now through Apr 30)

Purchase a qualifying premium Varilux progressive lens and receive a **FREE** second computer lens pair to support close-up work on your digital screens screens.



**Ask our opticians if you qualify!**



## Eyewear Trunk Show (March 24th 12-6PM)

In just a few short weeks our Spring Eyewear Trunkshow will be here. With featured designers including Gucci, YSL, Carolina Herrera, Under Armour, and Carrera, as well as 30% off and giveaways, you won't want to miss out!

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## Employee Highlight: John Hildebrand

If you've been to Spectrum, you've probably met John, one of the friendly faces patients know and love.

John has been with Spectrum since 1998, and he has a gift for making patients feel comfortable from the moment they walk in. Outgoing, personable, and always quick with a joke, he's become a true fan favorite, many patients even ask if he's in before coming by.



As a trusted optician, John specializes in helping patients find the right lens and frame options for their vision needs, lifestyle, and budget. With so many choices out there, he's great at simplifying the process and making sure patients leave feeling confident in their purchase.

We're incredibly grateful for everything John brings to Spectrum. Next time you're in, be sure to say hi, and if John has ever helped you, feel free to give him a quick thank-you!