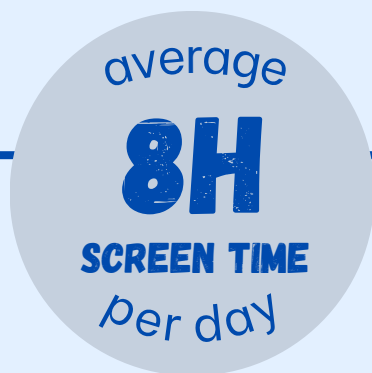


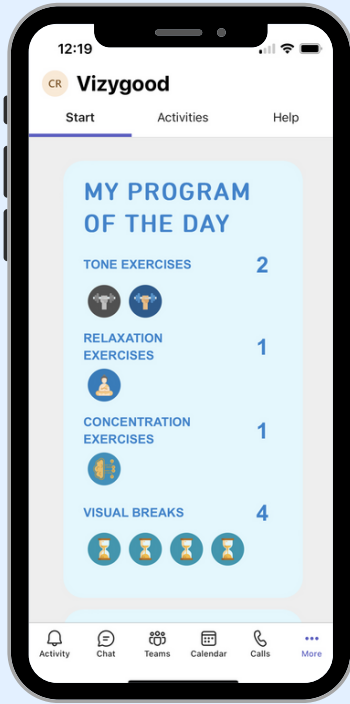
IMPROVE EMPLOYEES DIGITAL WELLBEING

- Avoid visual fatigue
- Increase efficiency at work
- Promote a healthy use of digital screens



- HEADACHES
- NECK PAIN
- EYE PAIN
- TINGLING
- COMPUTER VISION SYNDROM
- BLURRED VISION
- MIGRAINES
- CONCENTRATION TROUBLES
- EYESTRAIN
- MENTAL STRESS
- REDNESS EYES

VIZYGOOD, THE COACH TO AVOID DIGITAL FATIGUE



A complete individual program, combining:



Ergonomics

To adjust the right position



Healthy Habits

To anchor good practices



Ocular exercises

To workout your eye muscles thanks to orthoptics approach



Micro-breaks

To boost concentration and to relax brain, posture and eyes.



High accessibility options



Gamification process to encourage habit changes

2 years of R&D
at the Paris XV-XX
ophthalmology Institute



CONTACT US

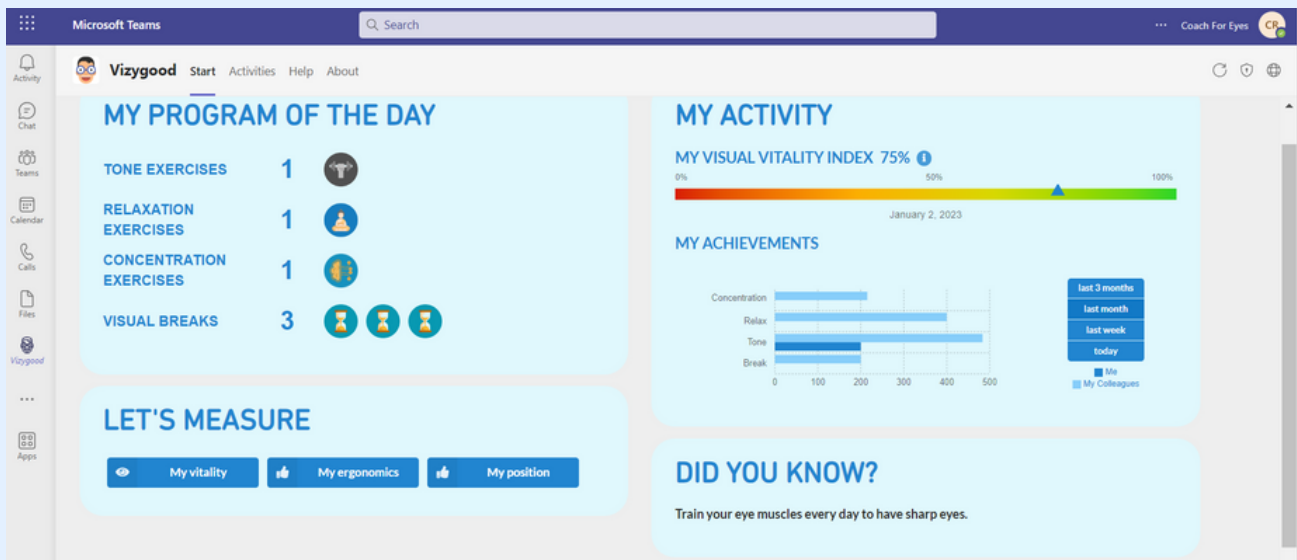
www.coachforeyes.com
hello@coachforeyes.com



Golden award

Best app in Wellbeing at work

VIZYGOD, AN INDIVIDUAL PROGRAM IN



- 1 My daily program, including eye muscles and cognitive exercises as well as micro-breaks
- 2 My activity to manage my improvements and successes
- 3 Actions to test my Visual Vitality index and to adjust perfectly the ergonomics settings of my workspace
- 4 Tips & info to understand better how my eyes work

MORE ABOUT EYESIGHT

until Max.

12H
SCREEN TIME

per day



Overexposure and near eyesight stimulation are leading to a worldwide increase in myopia worldwide

- Eye ageing acceleration
- Refractive disorders
- Dry syndrom pathology
- Macular degeneration
- Low vision prevalence