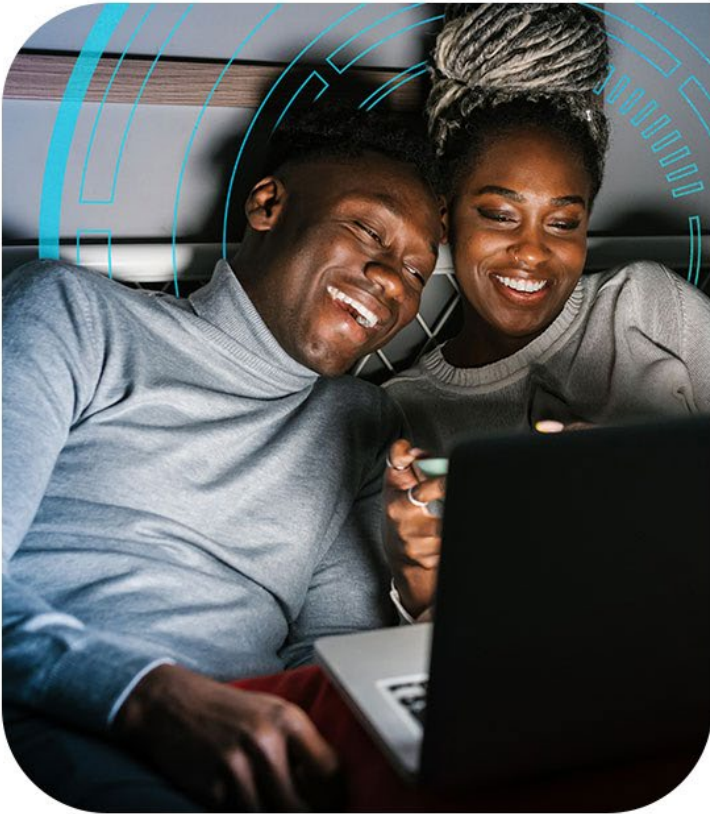


On average, Americans check their phones 144 times a day.



We rely on digital devices to stay connected, educated and entertained, but all that screen time can lead to eye tiredness and dryness.

[Make an appointment today to explore how contact lenses can help.](#)