

# STAYING HEALTHY

## Vision Benefits Overview



Good visual health plays an extremely important role in contributing to overall health. Periodic eye examinations are an important part of routine preventive healthcare. Early diagnosis and treatment are important for maintaining good vision and preventing permanent vision loss. Vision care is essential to maintaining a healthy lifestyle. Eye exams can detect symptoms of diseases such as diabetes, hypertension, multiple sclerosis, brain tumors, osteoporosis and rheumatoid arthritis.

The information below is a summary of vision coverage only. Please see Human Resources for plan summaries detailing coverage information, limitations, and exclusions.

Carrier	Vision Service Plan	
	Choice	Out-of-network (reimbursed)
Network		
<b>Plan copays</b>		
Eye Exam		\$10 copay
Hardware (lenses and frames)		\$40 copay
Contacts (standard fitting and evaluation)		Up to \$60 copay
<b>Benefit Frequency</b>		
Eye Exam		Once every 12 months
Lenses		Once every 12 months
Frames		Once every 24 months
Contacts (in lieu of glasses)		Once every 12 months
<b>Benefit Allowances</b>		
Exam	100%	Up to \$45
Frames	Up to \$150	Up to \$70
Lenses		
Single	100%	Up to \$30
Lined Bifocals	100%	Up to \$50
Lined Trifocals	100%	Up to \$65
Elective Contacts (in lieu of lenses)	Up to \$150	Up to \$105
<b>Lens Enhancements</b>		
Anti-reflective Coating	Discounted	Not covered
Standard Progressive Lenses	Discounted	Up to \$50
Scratch Resistant Coating	Discounted	Not covered

- **Costco** is considered an out-of-network provider; however, unlike other out-of-network providers, Costco will submit your claim for eyewear purchases and exams directly to VSP.
- If you choose to go to an out-of-network provider, you will have to submit a reimbursement claim form which can be found on [www.vsp.com](http://www.vsp.com).