



## Why is having a good vision plan so important?

Because taking good care of your eyes may help you take better care of your body.

Regular visits to your eye care professional do more than just protect your eyesight. They can help protect your overall health. Through a routine exam, eye doctors may often spot serious health problems like diabetes, high blood pressure, heart disease, certain cancers and other conditions.<sup>1</sup>

That's why, even if you have perfect vision, yearly exams are important. Don't let preventable health and vision problems sneak up on you. Vision benefits are there to help you stay on top of your eye care.

### Why should I enroll?

- Competitive group rates
- Convenient payroll deduction

## Set your sights on better vision with MetLife Vision.

**Eye doctor** visits can be expensive and out-of-pocket costs can add up fast.



**11 million**

Americans over the age of 12 need vision correction.<sup>2</sup>

### When it comes to vision care...



For less than your weekly coffee habit,<sup>3</sup> you can gain coverage for you and your family.

### An example of how Vision Insurance can help.

I never miss my children's games and I chaperone all their dances. One night, as I drove them to the homecoming dance, I noticed they weren't wearing their glasses. I'm happy my vision insurance helps my children feel less self-conscious — and provides a deep discount for contact lenses. Recently, when I had my own eye exam, my doctor caught the early signs of diabetes. Thanks to our vision coverage, I can be there to see my children play every game.\*

\*This is a fictional example. Vision Service Plan and MetLife do not claim that these are typical results that members will generally achieve. Your costs and savings could vary based on your plan design, where you live, and whether your plan requires a deductible or coinsurance. Please see your Plan Summary for details about your coverage.

# Advantages of MetLife Vision Insurance with the VSP Choice network

<b>Product overview</b>	Vision insurance can help minimize your out-of-pocket costs for vision care and eyewear. <sup>4</sup>
<b>Why needed</b>	<p>Helps you save on vision services,<sup>4</sup> including eye exams, glasses, contact lenses, laser vision correction<sup>5</sup> and much more.</p> <p>This benefit can help you stay on top of your care and can help you avoid costly problems in the future. Regular visits to your eye care professional do more than just protect your eyesight, they can help protect your overall health.<sup>1</sup></p>
<b>Who is covered</b>	<p>Choose which plan best suits you:</p> <ul style="list-style-type: none"><li>• Employee Only</li><li>• Employee &amp; Eligible Family Members</li></ul>
<b>Covered services include</b>	<ul style="list-style-type: none"><li>• Eye exams</li><li>• Eyewear</li><li>• Laser vision correction<sup>5</sup></li></ul> <p><b>Please see your Plan Summary for details.</b></p>
<b>Additional value</b>	<ul style="list-style-type: none"><li>• Options to go to any licensed vision care specialist, plus access to a large network of ophthalmologists, optometrists and opticians at private practices<sup>6</sup></li><li>• Selection of eyewear from classic styles to the latest designer frames so you can choose what's right for you and your budget</li><li>• No additional out-of-pocket costs on polycarbonate (shatter-resistant) lenses for children up to age 18 and UV coating</li><li>• Fixed copayments for scratch-resistant and anti-reflective coatings, progressive lenses<sup>7</sup> and more</li><li>• Savings on contact lens fittings and evaluations, laser vision correction,<sup>5</sup> and non-prescription sunglasses</li></ul>

## Your benefit in action

Take advantage of how simple and easy it is to use Vision Insurance:



Go to [metlife.com](https://www.metlife.com) and find a licensed vision care specialist. Or choose from a large network of ophthalmologists, optometrists and opticians at private practices or retail locations like Costco Optical, Visionworks<sup>8</sup> and more.



When you go to a participating vision specialist, there are no claims to file. You don't even need an ID card.



Premiums will be conveniently paid through payroll deduction. You don't have to worry about writing a check or missing a payment.

# Frequently Asked Questions

## Why should I enroll?

- A. A vision plan is a competitively priced way to help protect the eyesight of eligible family members.** Even if you don't wear glasses or contacts, regular visits to your eye doctor may be important to your overall health. They may also do more than protect eyes. They can also help protect overall health by catching serious problems, such as diabetes and high blood pressure.<sup>1</sup>

## How can a vision plan help me save money?

- A. Eyeglasses and routine eye exams can be more expensive than you may think.** With MetLife, through low to no copays, you can save up to 60% on vision wear and services.<sup>4</sup> Lens options like polycarbonate (shatter-resistant) lenses for children up to age 18 and ultraviolet (UV) coating are covered in full. You also enjoy fixed copays for scratch-resistant and anti-reflective coatings, progressive lenses,<sup>7</sup> and more.

## Can I choose my own eye care professional?

- A. You can go to any licensed eye care professional.** Choose from the thousands of ophthalmologists, optometrists and opticians at private practices or popular retail locations like Costco Optical, America's Best, Cohen's Fashion Optical, Eyeglass World, For Eyes Optical, Pearle Vision,\*\* Walmart, Sam's Club, Visionworks<sup>8</sup> and more.

## What kinds of frames are covered?

- A. You can choose the eyewear that's right for you and your budget.** Your eye care professional can help you choose from classic styles to the latest designer frames. You can select from hundreds of options for you and your family. Some of the great brands to choose from include Anne Klein, bebe, Flexon, Lacoste, Nike, Nine West, Calvin Klein<sup>8</sup> and more.

## When can I enroll?

- A. You can enroll during your open enrollment period.**

**Enroll in Vision Insurance during annual enrollment.**

**Please see your Plan Summary for more information.**

\*\* Not all Pearle Vision locations participate in the MetLife Vision program. Please visit [metlife.com](https://www.metlife.com) to confirm participating locations by using our Find A Provider online directory.

1. Heiting, OD, Gary. Eye exams: 5 reasons why they are important. All About Vision, January 2022.
2. Vision Health Initiative. Keep an Eye on Your Vision Health. Centers for Disease Control and Prevention. Reviewed: October 1, 2020.
3. [https://www.numbeo.com/cost-of-living/country\\_result.jsp?country=United+States](https://www.numbeo.com/cost-of-living/country_result.jsp?country=United+States). Accessed May 2021.
4. Your actual savings from enrolling in a vision plan will depend on various factors, including plan premiums, number of visits to an eye care professional by your family per year, and the cost of services and materials received. Be sure to review the Schedule of Benefits for your plan's specific benefits and other important details.
5. Custom LASIK coverage only available using wavefront technology with the microkeratome surgical device. Other LASIK procedures may be performed at an additional cost to the member. Additional savings on laser vision care is only available at participating locations.
6. If you choose an out-of-network provider, you will have increased out-of-pocket expenses, pay in full at time of service, and file a claim with MetLife for reimbursement.
7. All lens enhancements are available at participating private practices. Maximum copays and pricing are subject to change without notice. Please check with your provider for details and copays applicable to your lens choice. Please contact your local Costco to confirm the availability of lens enhancements and pricing prior to receiving services. Additional discounts may not be available in certain states.
8. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.

Benefits are underwritten by Metropolitan Life Insurance Company (MetLife), New York, NY. Certain claim and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with MetLife or its affiliates. Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.

