

Check Out vsp.com



As a VSP® member, you have access to **vsp.com** and the VSP Vision Care App. Both offer easy navigation and a personalized dashboard, so you can get the benefit information you need, exactly when you need it.

vsp.
vision care

Your VSP Dashboard



Once logged in, **My Dashboard** is your homepage. You'll find a quick view of your benefit information, access to your claim history, and you can print your Member ID Card, plus more.



VSP Vision Care App

Scan the QR code below to download the VSP Vision Care App from the **Apple App** or **Google Play Stores**. Get instant access to your benefit coverage, Member ID Card, Exclusive Member Extras, and more.

Personalized Benefits Section



The **My Benefits** tab shows your benefits history and an explanation of how you and your dependents can use your benefits.

Special Offers and Savings



We put our members first by providing exclusive offers from VSP and leading industry brands, totaling more than \$3,000 in savings. Log in to your VSP account and take advantage of these offers and save even more.

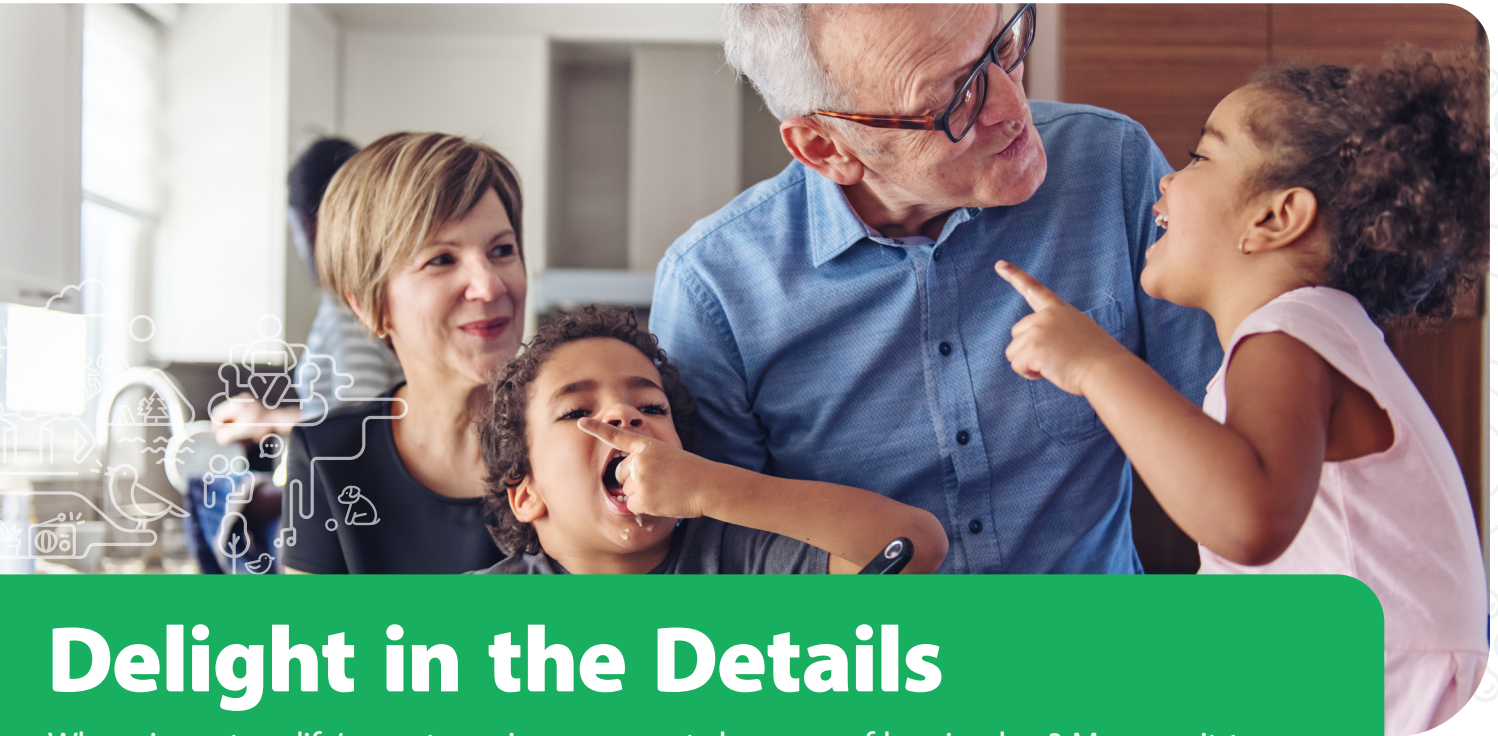
Improved Find a Doctor Page



The search capabilities are endless on the **Find a Doctor** page. View a map and use the drop-pin functionality to find the right VSP network practice location for you. You can also filter by business hours or appointment availability. Look for the orange **Premier Program** banner to find a VSP network eye doctor that will help you maximize your savings!



Create a vsp.com account to get the most out of your vision benefits.



Delight in the Details

Why miss out on life's most precious moments because of hearing loss? Many wait too long to seek help, but you don't have to. With VSP® Vision Care, you have access to a comprehensive hearing care solution available through TruHearing®.

The TruHearing program makes it easy



Unmatched Service

Our Hearing Consultants guide you from first call to aftercare and beyond. We find and schedule a local licensed provider for an exam, fitting and follow-up.

TruHearing will help you understand every detail about the program.



Hearing Aids That Enhance Life¹

Stream your favorite music and shows with Bluetooth®.

Smartphone apps help you remotely adjust your hearing aids and more. Virtually undetectable devices that match your lifestyle.



Simply State-of-the-Art²

The latest sound enhancement technology removes the sound of your speech from all other amplified sound to make your voice sound more natural.

Next-gen processing technology filters noise and helps you focus on voices. Rechargeable battery options last from breakfast to bedtime.



Call TruHearing to learn more and schedule a hearing care appointment near you.

1-844-622-3213

TTY: 711

Hours:

8am–8pm, Monday–Friday

Example savings (per aid)



Product	Retail Price	TruHearing Price	Savings
† TruHearing® Premium	\$3,205	\$1,745	\$1,460
† Signia® ActivePro	\$2,520	\$2,095	\$425
Widex Moment® 110	\$1,458	\$795	\$663
† Oticon More™ 3	\$3,375	\$1,525	\$1,850
† Resound Key™ 4	\$2,186	\$1,070	\$1,116
Starkey® Picasso® 2000	\$2,844	\$1,625	\$1,219
† Phonak® Audéo® P-R70	\$3,100	\$1,725	\$1,375

TruHearing's discount program may be able to be combined with your health plan benefits, depending on your health plan.

† Rechargeable | Listed products are smartphone-compatible¹



Schedule an appointment

1-844-622-3213 | TTY: 711

Hours: 8am–8pm, Monday–Friday



Check your hearing

TruHearing.com/VSP

This program also includes:



- + Risk-free 60-day trial period
- + 1 year of follow-up visits¹
- + 80 free batteries per non-rechargeable hearing aid
- + Full 3-year manufacturer warranty

¹ Smartphone-compatible hearing aids connect directly to iPhone®, iPad®, and iPod® Touch devices. Some TruHearing models connect to Android® phones directly. Connectivity also available to many Android® phones with use of an accessory. TV streaming available through most TVs with use of an accessory. In-app interfacing requires provider activation.

² Features may vary by model. Activation required.

VSP is providing information to its members, but does not offer or provide any discount hearing program. The relationship between VSP and TruHearing is that of independent contractors. VSP makes no endorsement, representations or warranties regarding any products or services offered by TruHearing, a third-party vendor. The vendor is solely responsible for the products or services offered by them. If you have any questions regarding the services offered here, you should contact the vendor directly.

TruHearing offers individuals the opportunity to purchase hearing aids at discounted prices, including individuals covered by self-funded health plans not subject to state insurance or health plan regulations. TruHearing is not insurance and not subject to state insurance regulations. TruHearing provides discounts to certain health care groups for hearing aid sales and services; TruHearing provides fitting, programming and three adjustment visits at no cost; the member is obligated to pay for testing, and all post-fitting hearing care services, but will receive a discount from those health care providers who have contracted with TruHearing. Not available directly from VSP in the state of Washington and California. VSP is a registered trademark of Vision Service Plan. All other brands or marks are the property of their respective owners. Prices and products subject to change.

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Combat digital eye strain



Surrounded by smartphones, tablets, TVs, and even fluorescent lights, adults and children alike are exposed to an unprecedented level of blue light in today's world. Exposure to blue light has been linked to digital eye strain.



DID YOU KNOW?



Nearly **60%** of Americans use digital devices for **five or more hours a day**.¹



The average American **13-year-old** owns three digital devices and spends **70 hours** a week on screen time.²



80% of VSP optometrists report the effects of blue light exposure are increasing.³

4 TIPS TO REDUCE YOUR EXPOSURE

Get an eye exam.

Talk to your VSP eye doctor about your lifestyle and ask about the best options for reducing eye strain.

Maintain your digital distance.

This is highly important for kids since the intensity of light increases the closer our eyes are to the source. **Find a comfortable viewing distance from your screen.**

Follow the **20-20-20** rule.

Give your eyes a break every 20 minutes, and spend 20 seconds looking at something at least 20 feet away.

Limit screen time before bed.

Turn devices off a few hours before going to bed. Also, consider lowering the brightness of your screen or downloading an app that reduces blue light on your phone or tablet as the sun goes down.

Search for **blue light** at vspblog.com to learn more.

1. 2016 Digital Eye Strain Report, The Vision Council. 2. Americans and Blue Light: Results of 2016 VSP Blue Light Exposure & Awareness Survey. 3. 2016 VSP Annual Provider Survey

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VSP Diabetic Eyecare Plus ProgramSM



As the only national not-for-profit vision care company, VSP[®] Vision Care is committed to providing members with the best care. If you have diabetic eye disease, glaucoma, or age-related macular degeneration (AMD), you can receive your routine eye care and follow-up medical eye care services from your VSP doctor. You can also receive preventive retinal screenings if you have diabetes, but don't show signs of diabetic eye disease.



Protect your eyes with a WellVision Exam[®].

A WellVision Exam is the most thorough eye exam available and allows your VSP doctor to identify the early onset of medical conditions. If needed, your doctor can begin to provide monitoring and treatment that can help prevent vision problems and coordinate with your primary care physician to ensure you're getting the best care.

It's easy to use.

Visit your VSP doctor whenever you need to—services are covered with just a copay. No referral is needed.¹

- Find the VSP doctor who's right for you. To find a VSP doctor, visit vsp.com or call **800.877.7195**.
- **At your appointment, tell them you have VSP.** There's no ID card necessary. If you'd like a card as a reference, you can print one on vsp.com.

That's it! We'll handle the rest—there are no claim forms to complete when you see a VSP doctor.

29 MILLION
AMERICANS HAVE
DIABETES²

Questions? vsp.com | 800.877.7195

1. Some health plans require a referral from a primary care physician. 2. National Diabetes Statistics Report, 2014

VSP Diabetic Eyecare Plus Program coverage is only available through a VSP doctor and pays secondary to other medical insurance coverage. This coverage is for diabetes-related eyecare services and doesn't cover routine eye exams. Contact your VSP doctor for an appointment to use your routine eyecare benefits.

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Essential Medical Eye Care

VSP® Vision Care is committed to providing eye care that supports our members' overall health and wellness. That's why we offer Essential Medical Eye Care. With your vision benefits from VSP, you have access to supplemental coverage for urgent and medical eye care.



What's Included With Essential Medical Eye Care?

- Fully covered retinal screening for members with diabetes. These high-resolution images of the inside of the eye are a non-invasive way to monitor diabetes.
- Exams and services to treat immediate issues like pink eye and sudden changes in vision.
- Treatment options to monitor ongoing health conditions such as dry eye, diabetic eye disease, glaucoma, and more.

If You Need Treatment

1. Contact your VSP network doctor to schedule an appointment.
2. If you don't have an eye doctor, visit **vsp.com** to find one and receive the eye care you need from an eye care expert.
3. When your VSP network doctor participates in your medical insurance plan's network, your medical insurance will be billed. You may be able to coordinate with your VSP benefits to help reduce out-of-pocket costs. If your VSP doctor doesn't participate with your medical insurance plan, VSP has you covered with only the cost of your copay.*

Find a VSP network doctor at vsp.com or call 800.877.7195.

*A standard copay of up to \$20 is required for medical eye exams. Other covered services are covered-in-full, including retinal screening for members with diabetes. Log in to vsp.com to view your benefits.

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Classification: Public

Browse with Benefits

Your vision and wellness come first with VSP. Now, your benefit includes eyeconic.com, the VSP preferred online retailer.



Eyeconic® seamlessly connects your eyewear, your insurance coverage, and the VSP® doctor network. Plus, you get the convenience of online shopping along with the personal touch from a VSP doctor.

vsp
vision care

eyeconic
a vsp vision company

Online shopping with benefits

Online shoppers will love:

- A huge selection of contact lenses and designer frames 24/7—and the Virtual Try-On tool.
- Free shipping and returns.*
- Free frame adjustment or contact lens consultation.
- Verification of your prescriptions and the 25-point inspection process to ensure your eyewear is just right.



Already used
your benefits
for the year?

As a VSP member,
you still receive 20%
savings on glasses and
sunglasses at Eyeconic.

It's easy to use your VSP benefit

1. **Create an account at vsp.com.** Review your vision benefit and access your eligibility and coverage information, including how to apply your benefits at Eyeconic.
2. **Find superior eye care near you.** The decision is yours—choose a conveniently located VSP doctor or any out-of-network provider. Visit **vsp.com** or call **800.877.7195** to find the best provider for you.
3. **Check out Eyeconic and browse the frame brands you love.** You can connect to your VSP benefits, upload your prescription at checkout, and order your glasses following your WellVision Exam®.

Experience eyeconic.com®, a convenient retail option.

*Terms and conditions apply. Visit [eyeconic.com/faqs](https://www.eyeconic.com/faqs) for more details.

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Classification: Public

Visionworks®

visionworks.com

WE'RE ON A MISSION TO SIMPLIFY EYE CARE



SIMPLE SCHEDULING

We make it simple to find an appointment that works for you.



SIMPLE SHOPPING

Frames organized by shape and price make it simple to find a pair you love.



TRANSPARENT PRICING

Know what you're going to pay, every step of the way.



100-DAY GUARANTEE

If by day 100, you're not 100% in love with your new glasses, we'll exchange them. Guaranteed.



Scan to schedule your eye exam at one of our **750+ locations nationwide**

vsp™

vision care

MEMBER BENEFITS STACK UP AT

Visionworks®

Get an extra **\$40** to spend on select frame brands

Get up to **40% OFF** lens enhancements

Anti-glare coatings, progressive lenses, and light-reactive lenses

All 750+ Visionworks locations are **in-network with VSP**

vsp
PREMIER
edge

When you use your VSP Benefits at Visionworks your glasses are covered against:

- Breakage or Damage
- Prescription Changes
- Love your Look

Additional \$40 is in addition to your base allowance and cannot be combined with the Extra \$20/Extra \$40 promotional offers available through select VSP Doctors. Log in to vsp.com to check your benefits for eligibility and to confirm in-network locations based on your plan type. Promotions, brands, and rebates are subject to change. Visit vsp.com for a full list of featured brands.

Visit www.vsp.com/offers/special-offers for complete details