



Maximize Your Vision Benefits

Vision Benefits do More than Help Pay for Glasses

An annual eye exam supports both eye health and overall health, and it can sometimes detect signs of serious conditions like diabetes, high blood pressure, glaucoma, and diabetic eye disease. August is a smart time to schedule your exam and address any vision needs.

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- Use your annual WellVision Exam.
CMU coverage includes one exam every plan year; the exam is \$20 under the Standard Plan's coverage and \$0 under the Premium Plan's coverage.
- Stay in-network.
VSP coverage goes further when you use in-network providers.
- Use your frame allowance wisely.
CMU offers \$120 - \$175 per plan year, with richer featured-brand and Visionworks or Eyemart Express options.
- Consider all your options.
You may use your benefit for contacts or for LightCare+ items like non-prescription sunglasses or blue light filtering glasses.
- Don't forget covered children.
KidsCare adds extra support for covered children, including two wellness-focused exams each plan year plus annual frame and lens benefits.

Use the VSP App

The VSP Vision Care app, also listed as VSP Vision Care On the Go, can make it easier to use the benefit in real time. Employees can review coverage, access a digital ID card, find in-network doctors, check claims history, and shop eligible eyewear or contacts. That is especially useful when scheduling an appointment, confirming allowance details at the optical counter, or finding a participating provider while traveling.



Create An Account

Before your appointment, create your account at vsp.com and review current offers at vsp.com/offers so you can compare whether glasses, contacts, or LightCare+ will give you the best value for this plan year.



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