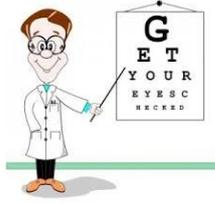




Top stories in this newsletter



WELCOME VSP



Keeping an Eye on Your
Vision Health



New Program Starts
July 1, 2016



Welcome VSP

CMU welcomes VSP Vision Care as the new vision insurance provider on July 1, 2016. VSP is the nation's largest vision care benefits provider.

Using your VSP benefit is easy.

- **Find the right VSP doctor for you.** You'll find plenty to choose from at www.vsp.com or by calling 800-877-7195.
- **Already have a doctor?** Make an appointment and tell them you're a VSP member.
- **Check out your coverage.** Visit www.vsp.com to view your vision benefits, savings statement, claims history and more.
- **Get member-exclusive savings.** Take advantage of exclusive member extras, like member-only offers and rebates. For information on available savings, go to www.vsp.com/specialoffers.
- **Print a member vision card.** There's no ID card necessary – just tell your provider you have VSP Vision Care. If you'd like a card as a reference, you can print one on www.vsp.com.

Keeping an Eye on Your Vision Health



You may be surprised to learn that yearly eye exams are an easy and important way to protect your eyes and overall health. A routine eye exam can help detect signs of serious health conditions, like diabetes, cancer, a brain tumor and high cholesterol.

Here are 8 signs that you should get another exam on the calendar soon.

- ◆ Your eyes are red, dry, itchy or you are seeing spots, flashes of light or floaters.
- ◆ You have diabetes or another health condition that affects your eyes.
- ◆ If it's been longer than a year since your last exam, you're overdue.
- ◆ You have difficulty driving at night and seeing street signs in the dark.
- ◆ You experience eye strain, headaches or blurred vision after spending an extended amount of time in front of a computer screen.
- ◆ You get motion sick, dizzy, or have trouble following a moving target.
- ◆ You hold books or newspapers further away from your face and squint or close one eye to read them clearly.
- ◆ You notice any changes in your vision, especially after an incident of head trauma.

New Program Starts July 1, 2016



Get ready to thrive in 2016-17 with the new Virginia Pulse program available to all CMU benefits eligible staff, fixed-term and CMED faculty. It will be even easier to make healthy decisions like getting more active, drinking more water, getting enough sleep and more.

Click [here](#) for the 4-page brochure on the new program.

The CMU Health Care Committee meets monthly and collaborates with the university by providing suggestions, input and feedback about various initiatives pertaining to benefits and wellness. It is not a decision-making body; instead, members act as liaisons for their respective employee groups.

Click [here](#) for contact information.