

Your VSP Vision Benefits Summary

SELF-INSURED SCHOOLS OF CALIFORNIA and VSP provide you with an affordable vision plan.

PROVIDER NETWORK:  
VSP Signature  
EFFECTIVE DATE:  
01/01/2024



BENEFIT	DESCRIPTION	COPAY	FREQUENCY
Your Coverage with a VSP Provider			
WELLVISION EXAM	<ul style="list-style-type: none"><li>Focuses on your eyes and overall wellness</li></ul>	\$10 for exam and glasses	Every calendar year
ESSENTIAL MEDICAL EYE CARE	<ul style="list-style-type: none"><li>Retinal screening for members with diabetes</li><li>Additional exams and services beyond routine care to treat immediate issues from pink eye to sudden changes in vision or to monitor ongoing conditions such as dry eye, diabetic eye disease, glaucoma, and more.</li><li>Coordination with your medical coverage may apply. Ask your VSP doctor for details.</li></ul>	\$0 per screening \$20 per exam	Available as needed
PRESCRIPTION GLASSES			
FRAME*	<ul style="list-style-type: none"><li>\$170 featured frame brands allowance</li><li>\$150 frame allowance</li><li>20% savings on the amount over your allowance</li><li>\$150 Walmart®/Sam's Club®/Costco® frame allowance</li></ul>	Combined with exam	Every other calendar year
LENSES	<ul style="list-style-type: none"><li>Single vision, lined bifocal, and lined trifocal lenses</li><li>Impact-resistant lenses for dependent children</li></ul>	Combined with exam	Every calendar year
LENS ENHANCEMENTS	<ul style="list-style-type: none"><li>Standard progressive lenses</li><li>Premium progressive lenses</li><li>Custom progressive lenses</li><li>Average savings of 40% on other lens enhancements</li></ul>	\$0 \$80 - \$90 \$120 - \$160	Every calendar year
CONTACTS (INSTEAD OF GLASSES)	<ul style="list-style-type: none"><li>\$150 allowance for contacts and contact lens exam (fitting and evaluation)</li><li>15% savings on a contact lens exam (fitting and evaluation)</li></ul>	\$0	Every calendar year
EXTRA SAVINGS	<b>Glasses and Sunglasses</b> <ul style="list-style-type: none"><li>Extra \$20 to spend on featured frame brands. Go to <a href="https://vsp.com/offers">vsp.com/offers</a> for details.</li><li>30% savings on additional glasses and sunglasses, including lens enhancements, from the same VSP provider on the same day as your WellVision Exam. Or get 20% from any VSP provider within 12 months of your last WellVision Exam.</li></ul>		
	<b>Routine Retinal Screening</b> <ul style="list-style-type: none"><li>No more than a \$39 copay on routine retinal screening as an enhancement to a WellVision Exam</li></ul>		
	<b>Laser Vision Correction</b> <ul style="list-style-type: none"><li>Average 15% off the regular price or 5% off the promotional price; discounts only available from contracted facilities</li><li>After surgery, use your frame allowance (if eligible) for sunglasses from any VSP doctor</li></ul>		

YOUR COVERAGE GOES FURTHER IN-NETWORK

With so many in-network choices, VSP makes it easy to get the most out of your benefits. You'll have access to preferred private practice, retail, and online in-network choices. Log in to [vsp.com](https://vsp.com) to find an in-network provider.

\*Only available to VSP members with applicable plan benefits. Frame brands and promotions are subject to change.  
†Savings based on doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. Ask your VSP network doctor for more details.  
+Coverage with a retail chain may be different or not apply.  
VSP guarantees member satisfaction from VSP providers only. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. Based on applicable laws, benefits may vary by location. In the state of Washington, VSP Vision Care, Inc., is the legal name of the corporation through which VSP does business. TruHearing is not available directly from VSP in the states of California and Washington.  
To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on [vsp.com](https://vsp.com).  
©2023 Vision Service Plan. All rights reserved.  
VSP, Eyeconic, and WellVision Exam are registered trademarks of Vision Service Plan. Flexon and Dragon are registered trademarks of Marchon Eyewear, Inc. All other brands or marks are the property of their respective owners. 102898 VCCM

Classification: Restricted

# A Look at Your VSP Vision Coverage

With VSP and SELF-INSURED SCHOOLS  
OF CALIFORNIA, your health comes first.



Enroll in VSP® Vision Care to get access to savings and personalized vision care from a VSP network doctor for you and your family.

**vsp**  
vision care

 **SISC**  
Self-Insured Schools of California  
Schools Helping Schools

## Value and savings you love.

Save on eyewear and eye care when you see a VSP network doctor. Plus, take advantage of Exclusive Member Extras which provide offers from VSP and leading industry brands totaling over \$3,000 in savings.

## Provider choices you want.



Maximize your benefits at a Premier Program location, which is part of our incredible network of doctors.

## Shop online and connect your benefits.



Eyeconic® is the preferred VSP online retailer where you can shop in-network with your vision benefits. See your savings in real time when you shop over 70 brands of contacts, eyeglasses, and sunglasses.

## Quality vision care you need.

You'll get great care from a VSP network doctor, including a WellVision Exam®. An annual eye exam not only helps you see well, but helps a doctor detect signs of eye conditions and health conditions, like diabetes and high blood pressure.

## Using your benefit is easy!

Create an account on **vsp.com** to view your in-network coverage, find the VSP network doctor who's right for you, and discover savings with Exclusive Member Extras. At your appointment, just tell them you have VSP.

## More Ways to Save

**Extra  
\$20  
to spend on  
Featured Brands†**

bebe	CALVIN KLEIN
COLE HAAN	DRAGON.
FLEXON	LACOSTE
	and more

See all brands and offers  
at **vsp.com/offers**.

+

**Up to  
40%  
Savings on  
lens enhancements‡**

Enroll through your employer today.  
Contact us: **800.877.7195** or **vsp.com**



# VSP PRIMARY EYECARE PLAN

As the only national not-for-profit vision care company, VSP® Vision Care reinvests in the things you value most—like protecting your eyes. We are committed to providing members with the best care, which is why our VSP Primary EyeCare Plan<sup>SM</sup> allows you to receive additional follow-up medical eye care services from your VSP doctor, who knows your eyes best.



## WHAT'S COVERED UNDER THE PRIMARY EYECARE PLAN

- Covered-in-full retinal screening (digital imaging of the inside of the eye) for members with diabetes who do not have diabetic eye disease. These retinal photographs help your doctor establish a baseline to monitor and track changes in your eyes over time
- Additional exams and services that track and monitor diabetic eye disease progression
- Treatment for dry eye, pink eye, eye injury, and foreign body removal
- Exams and services to diagnose and monitor glaucoma and cataracts
- Tests to diagnose sudden vision changes

## DID YOU KNOW?

VSP members can save up to 75% on test strips and other diabetes care supplies. Visit [vsp.com/simplevalues](https://vsp.com/simplevalues) to access your savings.

## THE PROOF IS IN THE VISION PLAN

- Visit your VSP doctor whenever needed—services are covered with just a copay.<sup>2</sup> No referral is needed.
- At your appointment, tell them you have VSP. There's no ID card necessary.
- We'll handle the rest—there are no claim forms to complete when you see a VSP doctor.

**Find the VSP doctor who's right for you at  
[vsp.com](https://vsp.com) or call 800.877.7195.**

1. National Eye Institute, <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy> 2. The VSP Primary EyeCare Plan is considered supplemental medical eye care coverage. Your health insurance carrier should be billed as the primary payer when other coverage exists and your doctor participates on the health plan's network. Contact your VSP doctor for more information.

# Avoid the Blue Light Blues

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.

**vsp**  
vision care

## Did You Know?



Scientific research has linked blue light to the onset of digital eye strain in as little as **two hours** of screen time.<sup>1</sup>



**Forty-eight percent of kids** are now spending more than six hours online every day.<sup>2</sup>



**Two-thirds** of people in the U.S. experience digital eye strain symptoms.<sup>1</sup>

## Three Tips to Reduce Exposure

### Get an Eye Exam.

Talk to your VSP® network doctor about your lifestyle and ask about the best options for reducing digital eye strain. Even if you don't wear corrective lenses, some blue light coatings are available for non-prescription eyewear.

### Limit Screen Time Before Bed.

Turn devices off a few hours before going to bed. Also, consider lowering the brightness of your screen, enabling the blue light filter, or downloading a blue-light reducing app for your device.

### 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.

Search for blue light at [vsp.com](https://www.vsp.com) to learn more.

**see well.  
be well.**

1. Digital Eye Strain Report 2016, The Vision Council, November 2020. 2. Survey Shows Parents Alarmed as Kids' Screen Time Skyrockets During COVID-19 Crisis, ParentsTogether Foundation, April 2020.

©2022 Vision Service Plan. All rights reserved.  
VSP and "See Well. Be Well." are registered trademarks of Vision Service Plan. All other brands or marks are the property of their respective owners. 104958 VCCM

Classification: Restricted