



## Your Vision Benefit Summary

Keep your eyes healthy with  
**CHARTER OAK UNIFIED SCHOOL DISTRICT**  
 and VSP® Vision Care.

### Using your VSP benefit is easy.

- **Find an eyecare provider who's right for you.**  
 With open access to see any eyecare provider, you can see the one who's right for you. Choose a VSP doctor or any other provider. To find a VSP doctor, visit [vsp.com](http://vsp.com) or call **800.877.7195**.
- **Review your benefit information.** Visit [vsp.com](http://vsp.com) to review your plan coverage before your appointment.
- **At your appointment, tell them you have VSP.** There's no ID card necessary.

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

### Personalized Care

A VSP doctor provides personalized care that focuses on keeping you and your eyes healthy year after year. Plus, when you see a VSP doctor, you'll get the most out of your benefit, have lower out-of-pocket costs, and your satisfaction is guaranteed.

### Choice in Eyewear

From classic styles to the latest designer frames, you'll find hundreds of options for you and your family. You'll have access to great brands, like bebe®, Calvin Klein, Disney, FENDI, Nike, and Tommy Bahama®.

### Plan Information

**VSP Doctor Network:** VSP Signature

Benefit	Description	Copay
<b>WellVision Exam</b>	<ul style="list-style-type: none"> <li>• Focuses on your eyes and overall wellness</li> <li>• Every 12 months</li> </ul>	\$10 for exam and glasses
<b>Prescription Glasses</b>		
<b>Frame</b>	<ul style="list-style-type: none"> <li>• \$130 allowance for a wide selection of frames</li> <li>• 20% off amount over your allowance</li> <li>• Every 24 months</li> </ul>	Combined with exam
<b>Lenses</b>	<ul style="list-style-type: none"> <li>• Single vision, lined bifocal, and lined trifocal lenses</li> <li>• Polycarbonate lenses for dependent children</li> <li>• Every 12 months</li> </ul>	Combined with exam
<b>Lens Options</b>	<ul style="list-style-type: none"> <li>• Standard progressive lenses</li> <li>• Premium progressive lenses</li> <li>• Custom progressive lenses</li> <li>• Average 35-40% off other lens options</li> </ul>	\$50 \$80 - \$90 \$120 - \$160
<b>Contacts (instead of glasses)</b>	<ul style="list-style-type: none"> <li>• \$130 allowance for contacts and contact lens exam (fitting and evaluation)</li> <li>• 15% off contact lens exam (fitting and evaluation)</li> <li>• Every 12 months</li> </ul>	\$0
<b>Extra Savings and Discounts</b>	<p><b>Glasses and Sunglasses</b></p> <ul style="list-style-type: none"> <li>• 30% off additional glasses and sunglasses, including lens options, from the same VSP doctor on the same day as your WellVision Exam. Or get 20% off from any VSP doctor within 12 months of your last WellVision Exam.</li> </ul> <p><b>Retinal Screening</b></p> <ul style="list-style-type: none"> <li>• Guaranteed pricing on retinal screening as an enhancement to your WellVision Exam.</li> </ul> <p><b>Laser Vision Correction</b></p> <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>	

Visit [vsp.com](http://vsp.com) for details, if you plan to see a provider other than a VSP doctor.

Exam.....	up to \$45	Lined Trifocal Lenses.....	up to \$85
Frame.....	up to \$47	Progressive Lenses.....	up to \$85
Single Vision Lenses.....	up to \$45	Contacts.....	up to \$105
Lined Bifocal Lenses.....	up to \$65		

Visit [vsp.com](http://vsp.com) or call **800.877.7195** for more details on your vision coverage and exclusive savings and promotions for VSP members.

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## What do your eyes say about you?

Eye exams are an important part of overall healthcare for your entire family, from children to grandparents, and everyone in between.

You can tell a lot about a person through their eyes. But did you know your eyes can also tell a VSP doctor a lot about you? A WellVision Exam® focuses on your eyes and overall wellness. Your VSP doctor can see if you have vision problems and signs of other health conditions, like diabetes, high blood pressure, and high cholesterol.

### Your eyes say a lot about you.

VSP® Vision Care can help keep your eyes healthy. To find a VSP doctor near you, visit [vsp.com](http://vsp.com) or call us at **800.877.7195**.

Visit The Center at [vsp.com](http://vsp.com) for everything eyecare and eyewear—from articles and videos, to interactive games and the Eyewear Gallery.

Questions? [vsp.com](http://vsp.com) | **800.877.7195**



#### Babies

About 80% of what we learn is through our eyes.

#### Eye Exams

- Six months
- Around two or three years old
- Before kindergarten



#### Children

Studies show that 60% of students identified as problem learners have undetected vision troubles.

#### Eye Exams

Once a year



#### Adults

Even if you've had laser vision surgery or have naturally good vision, you still need an annual eye exam. Your VSP doctor can detect signs of health conditions during your exam.

#### Eye Exams

Once a year



#### Seniors

As we age, we're more susceptible to cataracts, glaucoma, and macular degeneration. Detecting these conditions early can help keep your eyes healthy.

#### Eye Exams

Once a year

# Take the mystery out of your eye exam.

VSP doctors take the time to get to know you and your eyes. They'll provide personalized eyecare that fits your individual needs.

Here are a few key elements you can expect in an eye exam.

## Keep your eyes healthy and your vision clear.

To find a VSP doctor, visit [vsp.com](http://vsp.com) or call us at **800.877.7195**.

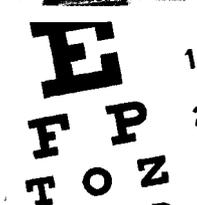


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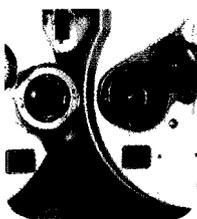
### Provide your medical and eye history.

This will help your doctor evaluate your risk for vision problems, eye diseases, and other medical conditions.



### What's a Snellen Chart?

It's that chart with rows of letters in different sizes. It tests how well you can see far away. The smaller the letters you can read, the better your distance vision.



### Which is clearer? One or two?

Your VSP doctor shines a light into your eyes to check your vision and estimate your eyewear prescription. To fine-tune your prescription, your eyecare doctor places a series of lenses in front of your eyes and asks which helps you see more clearly.



### Cover the left, then the right.

This tests how well your eyes work together. You cover one eye and look at an object across the room. Your VSP doctor watches how far your uncovered eye moves to see the object.



### Expect a little puff of air.

The "puff test"—a common test for glaucoma—measures the fluid pressure inside your eyes. It takes just a quick puff of air in each eye. Your VSP doctor may also shine a special blue light in your eyes to test for this condition.



### Get the inside scoop.

Dilating drops enlarge your pupils for a better view inside your eyes to help detect signs of eye and health conditions. The drops may make your vision blurry and your eyes sensitive to light for several hours.



### See the big picture.

Your VSP doctor gets a magnified view of the front and inside of your eyes using a slit lamp, or biomicroscope. This helps detect signs of eye conditions, like cataracts, macular degeneration, and diabetic retinopathy.



## See clearly with the VSP Laser VisionCare<sup>SM</sup> Program.

**vsp**<sup>®</sup>  
Vision care for life

Find out if laser surgery is right for you.

### 1. Visit [vsp.com](http://vsp.com).

- Get details about the program.
- Learn what to expect during surgery.
- Locate a VSP Laser VisionCare doctor.

### 2. Confirm your eligibility.

Before scheduling an appointment, sign on to [vsp.com](http://vsp.com) or call VSP<sup>®</sup> at **800.877.7195**.

### 3. Call your VSP Laser VisionCare doctor.

Verify that they participate in the program.

### 4. Schedule a complimentary screening.

If you decide to have laser vision correction, your VSP Laser VisionCare doctor will make arrangements with an approved laser surgeon and center, and provide your preoperative care.<sup>1</sup> Postoperative care is coordinated between your VSP Laser VisionCare doctor and your VSP laser surgeon.

If you're nearsighted, farsighted, or have astigmatism, are at least 18 years old, and are in good health with no eye diseases, you could be a candidate for laser vision correction.

Contact us: [vsp.com](http://vsp.com) | **800.877.7195**

## VSP Discounted Pricing

You'll save an average 15% off the regular price or 5% off the promotional price from participating facilities<sup>2</sup> — which could add up to hundreds of dollars in savings.

## Our Laser VisionCare Program is unique

You'll have peace of mind knowing VSP doctors and laser centers meet stringent quality standards. Plus, you'll have the assurance that your trusted VSP Laser VisionCare doctor will manage your laser vision correction care.

<sup>1</sup> The laser vision correction screening and consultation with your VSP Laser VisionCare doctor are complimentary. If you have a preoperative exam and don't proceed with the surgery, your VSP doctor may charge an exam fee up to \$100.

<sup>2</sup> The VSP Laser VisionCare Program is a discount plan only. Discounts only apply to services received from a VSP participating laser center. No monetary benefits are payable to members under this program.