



Why is having a good vision plan so important?

Because taking good care of your eyes can help you take better care of your body.

Regular visits to your eye care professional do more than just protect your eyesight. They can help protect your overall health. Through a routine exam, eye doctors can spot serious health problems like diabetes, high blood pressure, heart disease, certain cancers and other conditions.¹

That's why, even if you have perfect vision, yearly exams are important. Don't let preventable health and vision problems sneak up on you. Vision benefits are there to help you stay on top of your care.

For questions, please call MetLife at
1 800 GET-MET8
(1 800 438-6388)

Why should I enroll?

- Competitive group rates
- Convenient payroll deduction

Consider this:

*I never miss my daughters' games and I chaperone all their dances. One night as I drove them to the Homecoming dance, I noticed they weren't wearing their glasses. I'm happy my **vision insurance** helps my girls feel less self-conscious — and provides a deep discount for contact lenses. Recently, when I had my own eye exam, my doctor caught the early signs of diabetes. Thanks to our vision coverage, I can be there to see my daughters play every game.**

Vision Benefits

An opportunity to reduce your out-of-pocket costs for vision care and eyewear.



Look out for your overall health with Vision Insurance.

Flexible and comprehensive coverage that can save you money.

 Eye exams  Eyewear  Laser vision correction

Set your sights on better vision with MetLife Vision.

Eye doctor visits can be expensive and out-of-pocket costs can add up fast. Plus, 11 million Americans over the age of 12 need vision correction.²

From well care to significant incidents, vision insurance is a smart way to protect your eyesight and wallet. Find out how much you could save³ with MetLife Vision.

When it comes to vision care...

For less than your weekly coffee habit,⁴ you can gain coverage for you and your family.



Your benefit in action

Take advantage of how simple and easy it is to use Vision Insurance:



Go to metlife.com and find a licensed vision care specialist. Or choose from a large network of ophthalmologists, optometrists and opticians at private practices or retail locations like Costco[®] Optical, Visionworks and more.



When you go to a participating vision specialist, there are no claims to file. You don't even need an ID card.



Premiums will be conveniently paid through payroll deduction. You don't have to worry about writing a check or missing a payment.

Enroll in MetLife Vision during annual enrollment

Discover the advantages of having MetLife Vision Insurance.

Benefit overview	Vision insurance can help minimize your out-of-pocket costs for vision care and eyewear.
Why needed	<p>Helps you save on vision services,³ from eye exams, glasses, contact lenses, laser vision correction⁵ and much more.</p> <p>This benefit can help you stay on top of your care and can help you avoid costly problems in the future. Regular visits to your eye care professional do more than just protect your eyesight, they can help protect your overall health.</p>
Who is covered	Choose a plan that best suits you and your family.
Covered services	<ul style="list-style-type: none">• Eye exams• Eyewear• Laser vision correction⁵
Additional value	<ul style="list-style-type: none">• Options to go to any licensed vision care specialist, plus access to a large network of ophthalmologists, optometrists, and opticians at private practices• Selection of eyewear from classic styles to the latest designer frames so you can choose what's right for you and your budget• No additional out-of-pocket costs on polycarbonate (shatter-resistant) lenses for children up to age 18 and UV coating• Fixed co-payments for scratch-resistant and anti-reflective coatings, progressive lenses⁶ and more• Savings on contact lens fittings and evaluations, laser vision correction⁵ and non-prescription sunglasses

[Please see your Plan Summary for more information.](#)

Enroll in MetLife Vision during annual enrollment

Vision Benefits

Frequently Asked Questions

Q. Why should I enroll?

A. A vision plan is a competitively-priced way to help protect the eyesight of everyone in your family. Even if you don't wear glasses or contacts, regular visits to your eye doctor are important to your overall health. Routine vision exams do more than protect eyes. They can also help protect overall health by catching serious problems, such as diabetes and high blood pressure.¹

Q. How can a vision plan help me save money?

A. Eyeglasses and routine eye exams can be more expensive than you may think. With MetLife, through low to no copays, you can save up to 60% on vision wear and services.³ Lens options like polycarbonate (shatter-resistant) lenses for children up to age 18 and ultraviolet (UV) coating are covered in full. You also enjoy fixed copays for scratch-resistant and anti-reflective coatings, progressive lenses,⁶ and more.

Q. Can I choose my own eye care professional?

A. You can go to any licensed eye care professional. Choose from the thousands of ophthalmologists, optometrists and opticians at private practices or popular retail locations like Costco[®] Optical, America's Best, Cohen's Fashion Optical, Eyeglass World, For Eyes Optical, Pearle Vision,^{**} Walmart and Sam's Club, Visionworks and more.

Q. What kinds of frames are covered?

A. You can choose the eyewear that's right for you and your budget. Your eye care professional can help you choose from classic styles to the latest designer frames. You can select from hundreds of options for you and your family. Some of the great brands to choose from include Anne Klein, bebe[®], Flexon[®], Lacoste, Nike, Nine West, Calvin Klein, and more.

Have other questions?

Please call MetLife directly at **1 800 GET-MET8 (1 800 438-6388)** and talk with a benefits consultant.

* This is a hypothetical example for informational purposes only. Your costs and savings could vary based on your plan design, where you live and whether your plan requires a deductible or coinsurance. Please see your Plan Summary for details about your coverage.

** Not all Pearle Vision locations participate in the MetLife Vision program. Please visit metlife.com to confirm participating locations by using our Find A Provider online directory.

1. Heiting G. Eye Exams: 5 Reasons Why They Are Important. All About Vision website. <http://www.allaboutvision.com/eye-exam/importance.htm>. Updated: February 2021
2. Vision Health Initiative. Keep an Eye on Your Vision Health. Centers for Disease Control and Prevention. <https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>. Reviewed: October 1, 2020.
3. Your actual savings from enrolling in the MetLife Vision Plan will depend on various factors, including plan premiums, number of visits to an eye care professional by your family per year and the cost of services and materials received. Be sure to review the Schedule of Benefits for your plan's specific benefits and other important details.
4. https://www.numbeo.com/cost-of-living/country_result.jsp?country=United+States. Accessed May 2021.
5. Custom LASIK coverage only available using wavefront technology with the microkeratome surgical device. Other LASIK procedures may be performed at an additional cost to the member. Additional savings on laser vision care is only available at participating locations.
6. All lens enhancements are available at participating private practices. Maximum copays and pricing are subject to change without notice. Please check with your provider for details and copays applicable to your lens choice. Please contact your local Costco to confirm the availability of lens enhancements and pricing prior to receiving services. Additional discounts may not be available in certain states.
7. Comparison is based on national averages and most commonly purchased brands.
8. Based on employee-only rate for M130-10/25 standard plan design with employees nationwide.

Benefits are underwritten by Metropolitan Life Insurance Company, New York, NY (MetLife). Certain claim and network administration services are provided through Vision Service Plan, Rancho Cordova, CA (VSP). VSP is not affiliated with MetLife or its affiliates. Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.



ADF# V2650.21

Metropolitan Life Insurance Company | 200 Park Avenue | New York, NY 10166
L0521014022[exp0722][All States][DC, GU, MP, PR, VI] © 2021 MetLife Services and Solutions, LLC

Enroll in MetLife Vision during annual enrollment