

Your one-stop shop for managing your health

With the CIS Health Manager on [regence.com](https://www.regence.com), you can find important health information in one place, customized for you. Use your computer, phone or tablet to easily access health benefits, telehealth and behavioral health resources, explanations of benefits, wellness tools and much more.



BeyondWellSM

Wellness activities, goal setting and rewards are all in one place for a personalized well-being experience.



MDLIVE

With MDLIVE, you can securely chat with a doctor by phone or video, 24/7 wherever you are.



Healthy Benefits

The CIS Healthy Benefits program provides financial assistance for certain weight management and tobacco cessation programs.



VSP: Vision

Your vision plan uses the VSP Choice network of providers. View your benefits, find a provider, get special offers and shop for eyewear.



Telehealth

Chat by phone or video with in-network providers who offer this service. Reach out to your doctor or clinic to find out if they provide virtual care.



Express Scripts

Express Scripts provides prescription drug coverage. Sign in to the CIS Health Manager for more information.



Mental health support

If you're feeling low or in need of support, we can help you find the right care. Many therapists and psychiatrists offer both in-person and virtual appointments, so you can get care just how you need it. Your plan also includes additional options for virtual therapy and virtual substance use disorder treatment.



Pregnancy program

Get support from caring professionals throughout your pregnancy with our maternity management program. A nurse will reinforce your doctor's or midwife's care and answer questions 24/7.



Hinge Health

Take control of your joint and back pain through virtual muscle and joint support. Join the thousands of people who have cut their pain through easy-to-do 15-minute exercise therapy sessions.

If you're considering surgery, Hinge Health also gives you an option to access in-network surgeons and a care advocate to guide you through care and recovery to get you to the finish line.



Start with your CIS Health Manager!

Download the Regence app or go to [regence.com](https://www.regence.com) to create an account. All you need is your member ID card to get started.



Regence BlueCross BlueShield of Oregon
is an Independent Licensee of the Blue Cross and Blue Shield Association

BeyondWell is a separate company that provides health information services.
Hinge Health is a separate company that provides virtual physical therapy services.
MDLIVE is a separate company that provides telehealth services. Express Scripts and VSP do not provide Blue Cross Blue Shield services and are separate companies solely responsible for their products/services.

Regence BlueCross BlueShield of Oregon
200 SW Market Street, 11th Floor | Portland, OR 97201

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cis benefits
cisbenefits.org

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Elevate Your Health, One Step at a Time with BeyondWell

BeyondWell is a comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. The result is a truly personalized well-being experience that is tailored to your unique needs.

 **Earn up to \$150 per year in rewards - act now!** 

- > Gift cards earned must be self-claimed by December 31 each year.
- > Unclaimed rewards will be forfeited.

Our BeyondWell program is available now and continues into 2025—and Regence members and eligible spouses can **earn up to \$150** in electronic gift cards. Engage throughout each year to maximize your rewards!

Get started today!

Regence members

1. From a computer, log into your CIS Health Manager at **regence.com**
2. Scroll down to the programs listed and **select** BeyondWell.
3. If this is your first year participating, you'll need to **register** and accept the Terms of Use.

If you are asked for a code during registration | **CODE: CIS**



Take your well-being journey with you anywhere, anytime! Download the BeyondWell app now.

Earn up to \$150 in rewards for healthy activities:

Download BeyondWell app

Connect a device or app

Verified steps through device

Personal challenges

Self-guided programs

Dental exams

Vision exams

Flu shot, COVID-19 vaccinations

Health assessment

Preventive screenings

Regence BabyWiseSM program

Flip to learn more about our 2025 program



2025

Below you'll see all the ways you and your qualified spouse on the Regence health plan can earn up to **\$150** each in Amazon.com* electronic gift cards in 2025.

\$5 Sync a device or app

Our platform syncs with over 100 different devices. Earn this credit once per year.

\$5 Register on Regence.com

Register your account on regence.com and earn \$5.

\$25 Health assessment

The health assessment will help personalize your experience. Earn this incentive once per year.

\$30 Preventive exam

Get a qualifying preventive exam and earn this incentive once per year.^{2,3}

\$50 Chronic condition coaching

Enroll and engage in Chronic Condition Coaching in 2025 and earn a \$50 incentive! If you are eligible for the program you will be outreached to directly.

\$1 Verified steps through device

When steps are logged from your synced device, you earn credit. \$1 per 10,000 steps.¹

\$15 Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$45 annually).

\$30 Interactive self-guided program

Complete any interactive self-guided program and earn \$30 (up to \$60 annually).

\$30 Dental exam

Complete a preventive dental exam through CIS (Delta) Dental, Kaiser Dental, or Willamette Dental and earn \$30.²

\$5 Download the BeyondWell app

Download and log in to the BeyondWell app after creating your account online and earn \$5.

\$20 Flu or COVID-19 Vaccination

Get your flu shot, COVID-19 vaccination or booster and earn \$20 once per year.²

\$30 Vision exam

Complete a preventive vision exam through CIS VSP and earn \$30.²

\$50 Regence Pregnancy Program

Enroll and participate in the Regence Pregnancy program and earn this incentive once per year.²

\$15 Attend a webinar

Attend a webinar hosted by your EAP or BeyondWell and earn \$15 each (up to \$60 annually).

EAP Webinars

<i>Healthy Heart, Healthy Mind</i>	<i>Feb 4 @ 10:00am</i>
<i>Mindfulness Based Stress Reduction</i>	<i>Apr 10 @ 1:00pm</i>
<i>Coping Strategies for Caregivers</i>	<i>Aug 19 @ 9:00am</i>
<i>Holiday Stress</i>	<i>Nov 14 @ 2:00pm</i>

BeyondWell Webinars

<i>Food For Your Heart</i>	<i>Feb 11 @ 11:30am</i>
<i>Health Myths & Facts- Mental Health</i>	<i>May 15 @ 11:30am</i>
<i>Eating for Gut Health</i>	<i>Aug 14 @ 11:30am</i>
<i>Plan for Good Health</i>	<i>Dec 11 @ 11:30am</i>

- \$1 per 10,000 steps; max \$2 daily. Steps will not carry over from day to day. Max \$25 per quarter for this activity.
 - This activity is tracked through claims. There will be processing time for these items, so it may take up to 8 weeks to see the credit in your account.
 - Qualifying preventive exams include: annual well-visit, pelvic exam, colorectal cancer screening, PSA and routine mammogram.
- * Amazon.com is not a sponsor of this promotion. Except as required by law, Amazon.com Gift Cards cannot be transferred for value or redeemed for cash. For complete terms and conditions, see www.amazon.com/gc-legal. All Amazon ®, ™ & © are IP of Amazon.com, Inc.

BeyondWell™

BeyondWell is a separate and independent company that provides services for Regence members. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. BeyondWell is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it.

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Know your behavioral health options



If you or your loved one is facing a behavioral health challenge—from anxiety and depression to eating disorders or substance use—we want to make it easy to get care. You can find in-network providers at [regence.com](https://www.regence.com). (Some services aren't available on all plans.)

Help is available. No referral is needed.

Thoughts of suicide? Call 988—National Suicide and Crisis Lifeline—available 24/7.

In-person care

Go to [regence.com](https://www.regence.com) to find a doctor and look for these in-network options:

- Private practitioners with a variety of expertise, such as psychiatrists, psychologists, social workers, licensed counselors and more
- Inpatient care
- Outpatient programs

Virtual care

- **AbleTo Therapy+** for an 8-week series of one-on-one therapy with digital support between sessions for ages 18 and up: [AbleTo.com](https://www.ableto.com) or 1-866-287-1802
- **Array** specializes in psychiatry and counseling services for ages 5 and up: [arraybc.com](https://www.arraybc.com)
- **Charlie Health** for an Intensive Outpatient Program treating ages 11 to 34 with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- **Equip** for treatment of eating disorders for all ages: [equip.health](https://www.equip.health)
- **NOCD** specializes in treatment of obsessive-compulsive disorders for ages 6 and up: [treatmyocd.com](https://www.treatmyocd.com)
- **Talkspace** specializes in counseling for general behavioral health needs for ages 13 and up, and psychiatry/medication management for ages 18 and up: [talkspace.com](https://www.talkspace.com)

Substance use disorder

- **Boulder Care** for virtual outpatient treatment: [boulder.care](https://www.boulder.care) or 1-866-901-4860
- **Hazelden Betty Ford** for inpatient and outpatient services. Virtual care is also available: [hazeldenbettyford.org](https://www.hazeldenbettyford.org) or 1-877-859-2124

Provider matching

- **Headway** for finding an in-network therapist and booking their next available virtual or in-person appointment for ages 6 and up: [headway.co](https://www.headway.co)

Employee Assistance Program (EAP)

Ask your HR team if your plan includes EAP. It quickly puts professional support in your hands without additional cost to you. Get a range of services to support your mental health, emotional well-being and life-balance needs.



Customer Service is here for you

Need more help finding the right care? Our compassionate team is ready to help. Just give us a call at the number on the back of your member ID card.



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Resource information is current as of June 2024.

Boulder Care is a separate company that provides substance abuse and addiction treatment services. AbleTo and Talkspace are separate companies that provide mental health telehealth services.

Regence BlueCross BlueShield of Oregon
200 SW Market Street, 11th Floor | Portland, OR 97201

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¡Visita la página SurgeryPlus.com y selecciona español para obtener más información!



Guided Access to Excellent Surgical Care

What is SurgeryPlus?

With your SurgeryPlus benefit, you can be sure you're getting the best surgical care for your unique needs. And the best part is that it's already included in your benefits at **no additional cost**.

Here's What's Covered

You'll pay less when you use your SurgeryPlus benefit. Your coverage includes:*

- Dedicated support and guidance
- Personalized matching with the best surgeon for your needs from our network of excellent providers
- Consults and appointments with your SurgeryPlus surgeon
- Anesthesia, procedure and facility (hospital) fees

*Testing, scans, imaging, durable medical equipment, and physical therapy expenses may not be included. However, coverage may be available through your medical plan.

Getting back to health is easy.
Just follow these simple steps:



Step 1

Call a Care Advocate to get started. They're here to help you every step of the way.



Step 2

We'll match you with highly qualified surgeons from our network who specialize in the care you need.



Step 3

Be on your way to feeling better without the stress of high medical costs.

When you need to plan a surgery, make SurgeryPlus your first call:
(833) 603-0511



Scan to log in to your personalized portal to understand what's covered.

Frequently Asked Questions



¡Visita la página SurgeryPlus.com y selecciona español para obtener más información!



SurgeryPlus is an additional medical benefit that provides you with access to excellent and affordable care for many planned surgical procedures. In partnership with CIS Benefits, SurgeryPlus covers the most expensive costs associated with your surgery so you don't have to.

What does SurgeryPlus cover?

Your SurgeryPlus coverage includes:

- Dedicated support and guidance
- Access to our network of thousands of highly qualified and carefully selected surgeons
- Consults and appointments with your SurgeryPlus surgeon
- Anesthesia, procedure and facility (hospital) fees

How do I access the benefit?

If you have questions about the benefit, or if you or one of your dependents need surgery, make us your first call. To learn more, contact your SurgeryPlus Care Advocate today at (833) 603-0511.

Does SurgeryPlus cost me anything?

You're automatically enrolled in the benefit as part of the medical benefits offered by CIS Benefits at no additional cost to you.

Who will help me through this process?

Your benefit includes guided access from a SurgeryPlus Care Advocate who will:

- Provide personalized support throughout your surgical journey.
- Educate you on the benefit, with an understanding of your surgical need.
- Provide you with the resources to help you make the best decisions regarding your care, including how to find the best surgeon in our network.

How do I know if a surgery is covered?

Contact us at (833) 603-0511 or visit your portal to confirm whether your procedure is covered.

How do I find the right surgeon?

With an understanding of your healthcare needs, your Care Advocate will provide a list of the best surgeons in our network so you can choose the one that's right for you.

If I already have a surgeon, how do I know if they are in the SurgeryPlus network?

Call your Care Advocate and they will be able to confirm whether your current surgeon is in our network.

What will my surgery cost?

We cover the most expensive costs associated with surgery, so you'll pay less for your procedure when you use your benefit. To maximize your savings, call your Care Advocate as soon as possible to confirm the details of your benefit and what you'll be responsible for covering, if anything.

What happens after my surgery?

Your Care Advocate will follow up and ensure you received the highest quality care and schedule any post-procedure appointments.

What isn't covered by SurgeryPlus?

Testing, scans, imaging, durable medical equipment, and physical therapy expenses may not be included. However, coverage may be available through your medical plan.

When you need to plan a surgery, make SurgeryPlus your first call:
(833) 603-0511



Scan to log in to your personalized portal to understand what's covered.

\$0
cost to you

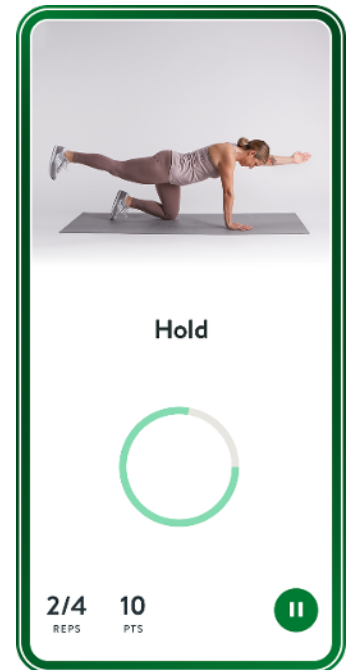


Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy
at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your family may be eligible, too!



To learn more and apply, scan the QR code or visit
hinge.health/cisoregon

Questions? Call (855) 902-2777

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

Participants must be 18+ and enrolled in a CIS Oregon medical plan administered by Regence BlueCross BlueShield of Oregon. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health® is a separate and independent company that provides services for CIS members enrolled in a CIS Benefits medical plan administered by Regence.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.



Join the Women's Pelvic Health Program

Hinge Health now offers pelvic floor care — available **at no cost to you** through your CIS Oregon through Regence medical plan.

What's your pelvic floor and why should you care?

Your pelvic floor is the group of muscles and tissues attached to the bottom of your pelvis. It supports your pelvic organs, controls your bladder, and more. And it's one of the hardest working muscle groups in your body.

Why join?

- Get personalized exercise therapy for pregnancy and postpartum, bladder control, pelvic muscle strengthening, or pelvic muscle relaxation.
- Work 1-on-1 with a clinical care team that specializes in pelvic floor care.
- Exercise from the privacy of your own home, on your schedule.



Scan the QR code to learn more or apply at hinge.health/cis-wph or call (855) 902-2777

Participants must be 18+ and enrolled in a CIS Benefits medical plan administered by Regence BlueCross BlueShield of Oregon. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association.

Hinge Health® is a separate and independent company that provides services for CIS members enrolled in a CIS Benefits medical plan administered by Regence.

Welcome to Express Scripts

CIS and Express Scripts want you to know that Express Scripts manages your prescription plan. We care about your health and work to make medications safer and more affordable. We encourage you to take advantage of the services and resources available to help you and your dependents manage your pharmacy benefit. We look forward to serving you soon!



Why pay more? Make the move to a 3-month supply.

Under your prescription plan, you have the option to order 3-month supplies of long-term medications from certain participating retail pharmacies or through home delivery from Express Scripts® Pharmacy.¹

To start ordering a 3-month supply from Express Scripts® Pharmacy, register or log in at [express-scripts.com](https://www.express-scripts.com). (Standard shipping is free with home delivery.²)

To find a retail pharmacy that participates in 3-month supplies, log in at [express-scripts.com](https://www.express-scripts.com) and choose Find a Pharmacy from the menu under Prescriptions. The pharmacy can tell you how to transfer your prescription or start a new one. Search results will indicate whether a pharmacy is eligible to dispense up to a 3-month supply.

According to your plan, you can keep filling one month at a time, but you could miss out on convenience and savings.

¹Long-term medications are taken for an ongoing condition, such as high blood pressure, high cholesterol and asthma.

²Cost of standard shipping is included as part of your prescription plan.



Accredo, your specialty pharmacy

Accredo is the Express Scripts specialty pharmacy. A specialty pharmacy provides medication and therapy for patients with serious, chronic conditions like cancer and hepatitis C. Accredo offers teams of pharmacists, nurses and clinicians who are specialty trained on your condition. This level of individualized, focused care gives you the most comprehensive, compassionate and customized care available.

Accredo offers many patient support services, including:

- Personal care and health advocacy assistance from patient care coordinators
- Coordination of financial assistance (availability varies by plan)
- Guidance for patients and caregivers for taking specialty medications most effectively
- All necessary ancillary supplies, such as syringes and sharps containers

Specialty medications must be filled through Accredo to receive coverage. To learn more about Accredo, please visit [accredo.com](https://www.accredo.com).

CIS has partnered with SaveOnSP to provide a specialty pharmacy copayment assistance program. If you attempt to fill a specialty prescription that falls under this program, an Accredo representative will assist you with enrollment in the program by transferring you to SaveOnSP. More information about this program can be found in your plan booklet.



Network retail pharmacies

Network pharmacies are retail pharmacies that are preferred by your prescription plan. Use them for prescriptions you need on a short-term basis, like an antibiotic to treat an infection. When you go to an in-network pharmacy for up to a 30-day supply of medication, you'll typically pay less than at a retail pharmacy that's out of your network.

To find an in-network pharmacy near you, go to [express-scripts.com/CIS6](https://www.express-scripts.com/CIS6) and select **Locate a Pharmacy**. Search results will indicate whether a pharmacy is eligible to dispense up to a 3-month supply. You may also log in at [express-scripts.com](https://www.express-scripts.com) and choose **Find a Pharmacy** from the menu under **Prescriptions** or call Express Scripts at 800.496.4182.

If you're new to Regence BCBS coverage, be sure to show your new Express Scripts ID card at the pharmacy. You can also access your ID card by downloading the Express Scripts® mobile app. If you don't show your ID card and instead choose to pay the entire cost of the medication, you must submit a claim form to Express Scripts for reimbursement. You'll be reimbursed based on the covered medication's contracted rate minus the appropriate copayment. This amount will be lower than the amount you paid out of pocket at the retail pharmacy.

If you need to transfer your prescription from an out-of-network pharmacy to an in-network pharmacy, just choose one of the following:

- Bring your prescription vial or container to an in-network pharmacy, and the pharmacist will transfer it.
- Call a pharmacy in your network, and ask the pharmacist to transfer your medication.
- Ask your doctor to send your prescription in to an in-network pharmacy using e-prescribing.



Manage your prescription

One of the great things about being an Express Scripts member is that you can manage your medication easily on your laptop, tablet, desktop or phone. Whether you want to check your order status, look for savings opportunities, look up information about your benefit, get a refill or even find a pharmacy, the Express Scripts website and mobile app can help!

Just register at [express-scripts.com](https://www.express-scripts.com), or download the mobile app to your mobile device for free by searching your app store for Express Scripts. (Availability and features may vary.)



Formulary

A preferred medication list, also called a formulary, helps keep healthcare costs down for everybody. It's a list of medications that have been reviewed and approved for safety and effectiveness by a panel of doctors and pharmacists. This list is continually reviewed and updated as new medications become available.

Note that certain medications are excluded from your formulary, which means they're not covered. An equally effective and safe alternative may be available. To check pricing and coverage for a medication, visit [express-scripts.com/CIS6](https://www.express-scripts.com/CIS6). Drug classes with excluded medications include Autonomic and Central Nervous System, Cardiovascular and Dermatological.

A Look at Your VSP Vision Coverage

With VSP and CIS TRUST, 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.

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, including thousands of private practice doctors and over 700 Visionworks retail locations nationwide.

	Preferred private practice and retail in-network choices
	private practice doctors
	Visionworks

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[‡]

Contact us: **800.877.7195** or
vsp.com

Your VSP Vision Benefits Summary
 CIS TRUST Vision Plan A and VSP provide you with an affordable vision plan.

PROVIDER NETWORK:

VSP Choice

EFFECTIVE DATE:

01/01/2025



BENEFIT	DESCRIPTION	COPAY	FREQUENCY
Your Coverage with a VSP Provider			
WELLVISION EXAM	<ul style="list-style-type: none"> Focuses on your eyes and overall wellness 	\$10	Every calendar year
ESSENTIAL MEDICAL EYE CARE	<ul style="list-style-type: none"> Retinal screening for members with diabetes 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. Coordination with your medical coverage may apply. Ask your VSP doctor for details. 	\$0 per screening \$20 per exam	Available as needed
PRESCRIPTION GLASSES		\$25	
FRAME*	<ul style="list-style-type: none"> \$190 featured frame brands allowance \$170 frame allowance 20% savings on the amount over your allowance \$95 Walmart*/Sam's Club*/Costco* frame allowance 	Included in Prescription Glasses	Every other calendar year
LENSES	<ul style="list-style-type: none"> Single vision, lined bifocal, and lined trifocal lenses 	Included in Prescription Glasses	Every calendar year
LENS ENHANCEMENTS	<ul style="list-style-type: none"> Anti-glare coating Tints/Light-reactive lenses Impact-resistant lenses Scratch-resistant coating UV protection Standard progressive lenses Premium progressive lenses Custom progressive lenses Average savings of 30% on other lens enhancements 	\$0 \$0 \$0 \$0 \$0 \$50 \$50 \$50	Every calendar year
CONTACTS (INSTEAD OF GLASSES)	<ul style="list-style-type: none"> \$166 allowance for contacts and contact lens exam (fitting and evaluation) 15% savings on a contact lens exam (fitting and evaluation) 	\$0	Every calendar year
SAFETY GLASSES (EMPLOYEE-ONLY COVERAGE)			
FRAME*	<ul style="list-style-type: none"> \$65 allowance for a safety frame 20% savings on the amount over your allowance Certified according to the American National Standards Institute (ANSI) guidelines for impact protection 	\$0	Every other calendar year
LENSES	<ul style="list-style-type: none"> Prescription single vision, lined bifocal, and lined trifocal Certified according to the American National Standards Institute (ANSI) guidelines for impact protection 	\$0	Every calendar year
EXTRA SAVINGS	<p>Glasses and Sunglasses</p> <ul style="list-style-type: none"> Extra \$20 to spend on featured frame brands. Go to vsp.com/offers for details. 20% savings on additional glasses and sunglasses, including lens enhancements, from any VSP provider within 12 months of your last WellVision Exam. <p>Routine Retinal Screening</p> <ul style="list-style-type: none"> No more than a \$39 copay on routine retinal screening as an enhancement to a WellVision Exam <p>Laser Vision Correction</p> <ul style="list-style-type: none"> Average 15% off the regular price or 5% off the promotional price; discounts only available from contracted facilities 		
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 to find an in-network provider. Your plan provides the following out-of-network reimbursements:			
Exam	up to \$50	Lined Bifocal Lenses	up to \$55
Frame	up to \$70	Lined Trifocal Lenses	up to \$70
Single Vision Lenses	up to \$35	Progressive Lenses	up to \$105
		Contacts	up to \$110
		Tints	up to \$5

*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.

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