

Choosing Humana Vision is good for your health

Besides checking for changes in your vision, your eye doctor can check for common eye conditions like glaucoma.

An eye exam can also uncover other health issues, such as high blood pressure and diabetes. If you have diabetes, most Humana Vision plans have additional coverage for the care and testing you need to help manage your condition.

Humana Vision Plan makes good eye health easy and budget friendly

- Get an annual eye exam for \$10
- Choose from more than 108,000 access points including independent optometrists, ophthalmologists and national retail eye exam locations including Lens Crafters, Pearl Vision and Target Optical.



How you can save with Humana Vision

| | Retail cost | Cost with Humana Vision | Potential savings |
|------------------------------------|------------------|-------------------------|--|
| Exam | \$70 | \$10 | \$60 |
| Frames | \$150 | \$16 | \$134 |
| Single-vision lenses | \$70-120 | \$15 | \$55-105 |
| Standard scratch-resistant coating | \$40 | \$15 | \$25 |
| Standard UV coating | \$40 | \$15 | \$25 |
| Total | \$370-420 | \$71 | \$299-349 <small>Almost 80% off the total retail cost</small> |

Data is based on the Humana Vision 130 plan. Example is for illustration purposes only, and individual results may vary.




Humana Vision products insured by Humana Insurance Company, Humana Health Benefit Plan of Louisiana, The Dental Concern, Inc. or Humana Insurance Company of New York.

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Features and benefits of Humana Vision plans

Vision plans are available for all group sizes with access to a nationwide network of independent practitioners and retail locations.

| Included in all plans: | |
|--|---|
| Routine eye care | <ul style="list-style-type: none"> No more than \$10 per annual visit in-network Exam with dilation |
| Diabetic eye care | <ul style="list-style-type: none"> Specialized care and testing for members with diabetes Two times per year Included at no additional cost Not available with Exam Plus and Materials Only plans |
| Nationwide network | <p>Choose from more than 108,000 access points including independent optometrists, ophthalmologists and national retail eye exam locations</p>  |
| Link to Go365® | Members earn Go365 Points for getting a vision exam if they have a Humana medical plan |
| Plan add-ons and discounts | |
| 12-month frame benefit | Members can get new frames annually instead of every two years |
| Retinal imaging¹ | \$0 in-network and up to \$39 out-of-network |
| Polycarbonate lens for children (under age 19) | Optional benefit provides standard polycarbonate lens at a \$0 copay when a member sees a network provider |
| LASIK and PRK² | <ul style="list-style-type: none"> Option pays \$250 per eye (in- or out-of-network) Additional discounts of 15% off retail price or 5% off promotional price |
| Eye glass and contact lens benefits³ | Members can get frames, lenses and contacts in the same plan year—base plan only includes frames/lenses OR contacts |
| Safety glasses | Members can get prescription safety glasses through Industrial Eyes at little or no cost to them when visiting a LensCrafters, Sears Optical or a participating Pearle Vision provider |

Prevention and early treatment are key to better overall health

- An eye exam may help detect high blood pressure, high cholesterol or diabetes⁴
- 80% of employees enrolled in a vision plan when offered⁵
- 70% of millennials and 63% of Gen Xers reported eye strain⁶

¹\$0 in-network and up to \$20 for out-of-network benefits (except in Maryland up to \$39); does not cross apply. Covered with Exam Plus up to \$39 in-network. Not covered on Materials Only 130 and 160.

²12-month waiting period applies. Not covered on Materials Only 130 and 160.

³Not available for groups <100

⁴<http://yoursightmatters.com/7-health-problems-eye-exams-can-detect/>

⁵<https://www.benefitspro.com/2017/04/24/employees-see-vision-benefits-as-important-part-of/>

⁶<https://www.rebuildyourvision.com/blog/vision-conditions/computer-vision-syndrome/vision-problems-of-the-millennial-generation/>

For Colorado: The Network Access Plan, which describes an access plan specific to your network, is available by calling Humana customer service at **1-800-448-6262** and requesting a copy.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocrportal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **1-800-927-HELP (4357)**, to file a grievance.

Auxiliary aids and services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda'í béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá' jiik'eh saad bee áká'ánída'áwo'déé nika'adoowot.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك