



## HEALTH CARE & BENEFITS DIVISION

July 18, 2024

### UNDERSTANDING YOUR BENEFITS

## Importance of an Annual Eye Exam

**State Plan members get one annual eye exam for a \$10 copay at an in-network VSP Vision Care provider.**



### Eye Exams Provide Protection and Prevention

An annual eye exam gauges the overall health of your eyes and diagnoses any problems that may impact your ability to see.

Healthy eyes *and* clear vision play an important part in enabling you to complete day-to-day tasks, whether it's using the computer or driving at night.

Key reasons to get a regular eye exam:

- Diagnose and correct refractive errors like astigmatism, nearsightedness, and farsightedness.
- Detect conditions like glaucoma, cataracts, dry eyes or macular degeneration.
- Identify signs of chronic health conditions including diabetes, high cholesterol, and hypertension.

### Find In-Network Care

To find an in-network doctor near you, go to [vsp.com](https://vsp.com) and select "Find a Doctor". You may search by location, office name or doctor name.

As a State Plan member, you get one routine vision and eye health evaluation annually for a \$10 copay at an in-network VSP Vision Care provider. If you use a VSP provider, discounts are available for certain services and hardware.

## Discount Programs

Get access to savings from VSP and other popular brands for your eye care and overall wellness needs. Discounts are available on glasses, sunglasses, contacts, LASIK and more. This interactive VSP discount flyer allows you to click on offers to find out more details.

## Resources

- [Importance of Annual Eye Exam Video](#)
- [General Vision Benefits Overview](#)
- [Vision Summary of Benefits](#)
- [VSP Vision Care Discount Programs](#)

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### Monthly Understanding Your Benefits Series

To help members better understand their State of Montana Benefit Plan (State Plan) benefits, the Health Care & Benefits Division provides monthly “Understanding Your Benefits” presentations. These presentations are designed to provide State Plan information regarding specific benefit related topics.

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**As always, HCBD is here to help! If you have questions, email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov), or call (800) 287-8266 or TTY (406) 444-1421.**

## STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).