VSP.com provides you with the answers you're looking for and more. You can locate a VSP doctor, view your eligibility and receive a detailed explanation of your benefits. As your trusted eye care advisor, VSP.com is your online resource for all your eye care needs.

When was your last eye exam? Did you receive prescription eyewear? Which doctor did you visit? Find out the answers to these questions and more. Use vsp.com as a reminder of your previous doctor visit(s).

Use vsp.com to easily find a high-quality VSP doctor conveniently located near your home or work.

VSP has partnered with Eyefinity to provide you with quality eye care information through the WellVision Learning Source®. Used in conjunction with regular visits to a VSP doctor, the WellVision Learning Source™ is a good starting place for quality eye care information.

Personalized details regarding your eligibility are important to you. Use vsp.com anytime to view eligibility for you and your family.
Using VSP Easy as 123

VSP makes it easy for you to use your eye care benefits to maintain your eye health. Follow these three steps to begin using your VSP coverage.

1. **Consult your benefit information available on www.vsp.com or from your employer.**
   
   Your personalized benefit information is available on www.vsp.com. Simply type in the covered member’s last name and identification number to access it. VSP also supplies your employer with coverage information and VSP doctor listings.
   
   Review your coverage before scheduling an appointment.

2. **Find a VSP doctor.**
   
   When you obtain services from a VSP doctor, you get the most value from your VSP benefit. And with the largest network of highly certified optometrists and ophthalmologists, it’s easy to find a doctor near your home or work. To locate a VSP doctor, simply:
   
   • Visit our Web site at www.vsp.com
   
   • Call our Member Services Department at (800) 877-7195
   
   Member Services Representatives are available between 6:00 a.m. and 6:00 p.m., Pacific Standard Time, Monday through Friday. Our automated telephone system is available 24-hours a day.

3. **Make an appointment with your VSP doctor.**
   
   Once you’ve selected a doctor, call the office to make an appointment. Tell them you are a VSP member when making the appointment. Provide the covered member’s identification number.
   
   Your doctor will obtain authorization for services. If you are not eligible, the doctor will notify you.
   
   Keep your scheduled appointment and make any copayments. You are responsible for additional costs for cosmetic options or non-covered services. VSP and your doctor will take care of the rest.

**It’s that simple!**

You don’t need to file a claim form or obtain authorization to access your VSP benefits. Remember, the next time you’re eligible for eye care through VSP, it’s easy as 1, 2, 3!

Thank you for choosing VSP as your trusted eye care advisor.

---

**Passion for people. Vision for life.℠**
The eye acts as an early warning system.

VSP promotes eye health through preventive care via regular and thorough eye exams and early corrective treatment. Thorough eye exams, in addition to detecting visual disorders that may require corrective lenses, can also detect a number of ocular conditions and in limited instances, medical conditions in their earliest stages.

Left undetected and untreated, these conditions can result in higher overall health care costs. Because most people see their eye care professional on a regular basis, an eye exam offers a great opportunity to detect some problems in their early stages.

Listed here are examples of conditions that may be detected during an annual eye exam performed by a VSP doctor.

For more information about eye care wellness, visit VSP’s WellVision Learning Source® at www.vsp.com.
Introduction
VSP is committed to providing you with the facts about laser vision correction. Laser vision correction is a surgical procedure, so the decision to have it should be made carefully. VSP has teamed with TLC Laser Eye Centers, one of the industry’s most experienced laser vision correction providers, as part of VSP’s Laser VisionCare Learning SourceSM, to bring you this comprehensive laser vision correction guide.

The purpose of this guide is to educate you about laser vision correction, provide answers to many of your questions about the procedure, and help you work with your VSP doctor to determine if the procedure is right for you.
Am I a candidate for the procedure?
Potential candidates for laser vision correction surgery are those who are nearsighted, farsighted or who have an astigmatism. Candidates should be at least 18 years of age and in good general health with no eye diseases such as cataracts or glaucoma. The need for reading glasses caused by presbyopia, part of the normal aging process of the eyes, cannot be treated by laser vision correction surgery.

How does the procedure work?
An excimer laser applies pulses of cool ultraviolet light to reshape the cornea, or front surface of the eye, to match the prescription in your glasses or contact lenses. The excimer laser is used for the two most common laser vision correction outpatient procedures: laser-assisted in-situ keratomileusis (LASIK) and photorefractive keratectomy (PRK).

What is the difference between LASIK and PRK?
During LASIK, the surgeon creates a corneal flap revealing the inner corneal tissue. This flap is folded back while the excimer laser is applied to the inner layers of the cornea. These inner layers are reshaped to duplicate your contact lens or glasses prescription. The flap is folded back and heals naturally and securely.

During PRK, instead of a flap being created, the excimer laser reshapes the front of the cornea by removing the protective surface layer (epithelium) from the eye. This epithelial layer is regenerated within a few days.

Both procedures are effective and produce similar results. LASIK is performed over 90% of the time. During LASIK, the epithelial layer is preserved, so discomfort following the LASIK procedure is much less likely.

Which procedure is best for me?
Your VSP doctor, together with your VSP laser surgeon, will help determine the most suitable procedure for you.

Do these procedures hurt?
Laser vision correction is a painless procedure because anesthetic drops are used to numb the eye. After the surgery, your eye may be irritated for up to a few days. Any discomfort can usually be treated with medication, if needed.

What are the risks?
There are some risks associated with all surgical procedures, including laser vision correction. These may include some minor post-procedure pain or discomfort, night glare, regression, scarring, under or over-correcting and infection. Other risks include loss of best corrected vision which occurs in about 1% of people. Significant loss of vision is rare but is a risk you should discuss with your VSP doctor.

Are both eyes treated the same day?
The decision to have both eyes treated the same day depends on various factors. The final determination should be made with your VSP doctor and VSP laser surgeon.

How long does the procedure take?
Allow approximately two to four hours for the entire process. The actual surgery takes approximately 10 minutes per eye.

What is the recovery time?
Many people return to work the day after surgery. However, speed of healing differs and those with higher prescriptions may recover more slowly.
Given my lifestyle, is laser vision correction surgery right for me?

What is the likelihood that I will have 20/20 vision after my surgery? What type of vision correction can I expect?

What type of vision care needs will I still have after the procedure? Will I need reading glasses?

Are there specific risks I should consider?

What type of care can I expect before and after surgery?

Who would you recommend perform my surgery?

How should I prepare for the procedure?

How much will the procedure cost? What financing options are available to me?

What is the laser center's policy for enhancement procedures if needed?

Are there any other educational sources you would recommend?

Recommended reading


Recommended Web sites
www.vsp.com (Vision Service Plan)

www.tlcvision.com (TLC Laser Eye Centers)

www.aoanet.org (American Optometric Association)

www.eyenet.org (American Academy of Ophthalmology)

www.visx.com (VISX)
Taking advantage of VSP’s Laser VisionCareSM Program:

- Visit VSP’s Web site at www.vsp.com to learn more about laser vision correction.
- Call your VSP doctor to check if he or she is participating in the program. Doctors can also be located on VSP’s Web site at www.vsp.com or by calling 888-354-4434.
- Schedule a complimentary screening and consultation on the benefits and risks of laser vision correction. Your VSP doctor will provide pre-operative care* and can also make arrangements with one of many VSP-approved laser surgeons and centers.
- Post-procedure care will be coordinated between your VSP eye doctor and your VSP laser surgeon.

VSP works with laser centers and doctors in many major markets and continues to expand its network throughout the nation. Program availability may vary based on location and regulatory approval.

*While the laser vision correction screening and consultation with your VSP doctor is complimentary, if you have a pre-operative exam and do not proceed with the surgery, your VSP doctor may charge a discounted exam fee up to $100.