

March is Save Your Vision Month

Q: What's the best way to save your vision?

A: Get regular vision care exams!

If you have vision coverage through the Golden Living VSP Plan, set up your appointment today for a vision checkup. Coverage includes:

- \$10 copay every 12 months for eye exams
- \$130 allowance every 24 months for frames
- \$20 copay every calendar year for lenses
- \$130 allowance every year for contacts (in lieu of frames and lenses)

Contact VSP at www.vsp.com or 800-877-7195 with questions about your coverage.

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Better Health Is Golden

The American Optometric Association (AOA) points out that preventive vision care can detect signs of serious health conditions like glaucoma, diabetic eye disease, or high blood pressure and high cholesterol.

Those of us with good vision often tend to take it for granted.

Don't be complacent when it comes to looking after your eyesight! Get regular vision checkups to protect your vision.

Benefit Questions?

HR Service Center 800-777-2363 options 2,2,1 or HRSC@goldenliving.com.

Visit YourGoldenBenefits.com for all your benefits information any time.