

March

Benefit Tip of the Month

SOUTHERN LAND
COMPANY

VSP Vision Insurance

Did you know that getting your annual eye exam can help detect early signs of chronic conditions, such as diabetes and high cholesterol? Additionally, there are eye diseases that impact those over the age of 40, such as Glaucoma and Cataracts. Southern Land's vision plan, through VSP, offers great savings and access to the nation's largest network of eye doctors!

You may be questioning if annual eye exams are really necessary. Most of us get our car serviced annually to make sure it runs smoothly. We also visit the dentist regularly to get our teeth cleaned and checked. But how many of us get our eyes checked each year?

Southern Land's vision plan allows you and your enrolled dependents to receive a WellVision Exam every 12 months. During this exam, the optometrist will perform a variety of tests to check your vision and assess your overall eye wellness. In addition to an annual eye exam, which is a \$10 copay, the plan covers frames, lenses and even lens enhancements for a small copay when staying in-network. You even have an allowance to use on frames. Don't wear glasses? The plan offers benefits for contact lens wearers too!

As a member of the VSP network, you gain access to discounts and savings across a wide range of services. You can save on glasses and sunglasses, contacts, LASIK eye surgery, hearing aids through TruHearing, family entertainment, and so much more.

Visit www.vsp.com/offers to learn more!

Did you know?

You can purchase glasses, sunglasses, and contacts online! As a member of VSP, you can save money and time by purchasing glasses or contacts through Eyeconic.

The process is simple:

- Visit www.eyeconic.com and click **"Use My Insurance"**
 - Click **VSP** from the drop-down menu and enter your information to sign in with VSP
- Find your product (glasses, sunglasses, or contacts)
- Choose your lenses, upload your prescription

Many of us are viewing computer screens for long periods and as a result, you can develop digital eye strain, also known as computer vision syndrome. Digital eye strain can cause dry eyes or blurred vision, and even headaches.

Below are some recommendations to help prevent digital eye strain.

- Keep your screen four to five inches below eye level.
- Avoid glare by moving the screen away from windows and bright lights.
- Use the 20-20-20 rule – every 20 minutes, look at an object 20 feet away for 20 seconds.
- Blink! Many blink less frequently while viewing a screen; be intentional about blinking so your eyes stay moist.
- Get regular eye exams from an optometrist and be sure to tell your doctor if you notice any symptoms of digital eye strain or vision changes.

Source:

<https://healthylearn.com/connerstrong/hn/avoiding-digital-eye-strain.html>

