



BENEFIT TIP

MAY VSP VISION

Southern Land Company offers vision benefits through VSP. With VSP, you can save on eye care, eyewear, and more—all while detecting potential health conditions like diabetes and high blood pressure through a comprehensive eye exam. For more plan details, please visit [BenePortal](#).

Maximize Your Vision Savings with VSP

As a VSP member, you have access to exclusive savings and valuable perks designed to help you get the most from your vision benefits:

- **20% Off Additional Eyewear:** Enjoy 20% off unlimited additional pairs of glasses or sunglasses, including lens enhancements, when purchased from a VSP provider within 12 months of your last preventive eye exam
- **Laser Vision Correction Discounts:** Save an average of 15% on laser vision correction at participating facilities
- **Exclusive Member Perks:** Take advantage of contact lens rebates, lens satisfaction guarantees, and up to 60% off digital hearing aids through TruHearing

Explore these savings by visiting www.vsp.com/offers.

How to Find a VSP Provider

- Visit www.vsp.com and click **Find a Doctor**
- View a map and use the drop-pin functionality to find the right location for you, and you may also filter by business hours or appointment availability
- Look for the orange Premier Program banner to find a VSP network eye doctor to help you maximize your savings

Tips to Save Your Eyesight

- **Know Your Family History:** Having a close relative with Age-Related Macular Degeneration (AMD) increases your risk. Early detection can help protect your vision. At SLC, an eye exam is just a \$10 copay when visiting an in-network eye doctor.
- **Eat Healthy:** Include omega-3 rich fish, leafy greens (such as spinach and kale), and whole fruits in your diet.
- **Protect Your Eyes:** Wear sunglasses with 100% UV protection and a wide-brimmed hat when outdoors.
- **Get Regular Eye Exams:** Regular eye exams can catch early signs of potential eye concerns. At SLC, you have access to a vision exam every 12 months.



Sources: www.healthylearn.com/connerstrong/hn/save-your-sight.html

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