



Everything you  
expect and more

**Humana Vision benefits**



**Humana**<sup>®</sup>

# Humana Vision can be good for your health

Humana Vision makes good eye health easier.



## Spot health problems sooner

An eye exam can spot early signs of diabetes, high blood pressure, high cholesterol and heart disease.<sup>1</sup> Not to mention cataracts and glaucoma. See it sooner. Treat it sooner.

## Don't live with eye strain

Every day, we spend hours staring at phones, laptops and tablets. In fact, 60% of people spend 6+ hours in front of digital screens.<sup>2</sup> All this exposure can put strain on our eyes and may be linked to blurred vision, dry eye and headaches.

## Avoid vision creep

Your eyes are always changing (you probably don't even notice it). Our doctors can track even the slightest changes with the latest in digital exam technology and retinal imaging. Designed for your comfort, fine-tuned for precision.

## Soak up the sun—safely

UV rays can cause cataracts, macular degeneration, vision loss and eye sunburn, even in the winter. Sunglasses can easily block 99% of these rays.<sup>3</sup> Thankfully, Humana Vision benefits include discounts on non-prescription sunglasses.



Learn more at [Humana.com](https://www.humana.com)

<sup>1</sup>"7 Health Problems Eye Exams Can Detect," yoursightmatters.com.

<sup>2</sup>"2016 Digital Eye Strain Report," The Vision Council.

<sup>3</sup>"Recommended Types of Sunglasses," American Academy of Ophthalmology.

# Convenience and savings

Humana Vision makes good eye health easy and budget friendly.



## See who you want, when you want

You have access to thousands of in-network providers—including independent eye doctors and your favorite retail stores like LensCrafters, Target Optical and Pearle Vision. There's a right one for every person; find yours with the "Find a doctor" search on Humana.com.



## There's more in-store, online

Shop glasses, contacts and prescription sunglasses just like you would in the store — but from your computer, smartphone or tablet. It's fast, it's easy and it's seamless with your benefits. Choose from hundreds of brand-name frames and contacts. Instantly apply your in-network benefits at checkout and enjoy free shipping and returns.



## Shop with freedom

Choose from any frame or brand with no limiting frame towers. From image-conscious to budget-conscious, you have the freedom to find the right fit. Because life is too short to settle.

## Enjoy savings that add up

Members save an average of 71% on retail eyeglasses with an eye exam.<sup>4</sup> Plus, you'll see additional special offers on eyewear and eye care — like 40% off your second pair of glasses.

## Get help from the vision experts

Our support tools make benefits easy to understand and easy to use. Visit Humana.com for 24/7 access to benefit information. Stay mobile with the MyHumana members app.

<sup>4</sup> Based on weighted average of sample transactions; EyeMed Insight network/\$10 exam/copy/\$10 materials copay/\$120 frame or contact lens allowance.

Humana group vision plans are offered by Humana Insurance Company, HumanaDental Insurance Company, Humana Health Benefit Plan of Louisiana, Inc., Humana Insurance Company of Kentucky, Humana Insurance Company of New York, CompBenefits Insurance Company, CompBenefits Company, or The Dental Concern, Inc. In Arizona, group vision plans insured by Humana Insurance Company. In New Mexico, group vision plans insured by Humana Insurance Company.

This communication provides a general description of certain identified insurance or non-insurance benefits provided under one or more of our health benefit plans. Our health benefit plans have exclusions and limitations and terms under which the coverage may be continued in force or discontinued. For costs and complete details of the coverage, refer to the plan document or call or write Humana, or your Humana insurance agent or broker. In the event of any disagreement between this communication and the plan document, the plan document will control.

## Important!

### At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618  
If you need help filing a grievance, call **877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **800-927-HELP (4357)**, to file a grievance.

### Auxiliary aids and services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

### Language assistance services, free of charge, are available to you. 877-320-1235 (TTY: 711)

**Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。

**Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

**Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

**Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

**Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

**Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis.

**Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

**فارسی (Farsi)**

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wóda'í béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá' jiik'eh saad bee áká'ánída'áwo'déé' níká'adoowoł.

**العربية (Arabic)**

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك