

SunCare Plan



You know the sun can damage your skin, but did you know that it can damage your eyes too?

Ultraviolet rays can be dangerous to your cornea and result in UV-related illnesses such as cataracts, cancer of the eyelids, pterygium (tissue build-up on the whites of the eyes) and macular degeneration.

The American Academy of Ophthalmology recommends these tips.

- Sun damage to eyes can occur anytime during the year, not just in the summertime, so be sure to wear UVA- and UVB-blocking sunglasses and broad-brimmed hats whenever you're outside.
- Don't be fooled by clouds: the sun's rays can pass through haze and thin clouds.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, which is damage to the eye's retina from solar radiation.

100%
UVA & UVB
protection is best
when choosing
sunglasses.¹

Your SunCare Coverage with a VSP Doctor	
Eyecare Exam*	<ul style="list-style-type: none">• An annual eye exam from a VSP doctor• VSP doctors are in retail, neighborhood, and professional settings, with 88% offering extended hours.
Eyewear*	<ul style="list-style-type: none">• Use your annual frame allowance toward ready-to-wear, non-prescription sunglasses from a VSP doctor.

*Log on to your account at vsp.com to review your specific benefit coverage and eligibility.



Visit vsp.com or call **800.877.7195** to find a provider who carries your favorite sunglass brands.

1. "The Sun, UV Radiation and Your Eyes," Eye Health Information From the American Academy of Ophthalmology, accessed July 10, 2013, www.geteyesmart.org/eyesmart/living/sun.cfm