

5 ways to use your vision benefits before they expire

It's important to stay up to date on your wellness and take full advantage of your annual health benefits. Here are 5 ways you can use your EyeMed vision benefits before they expire.

1. Use your FSA/HSA

Did you know Flexible Spending Accounts (FSA)/Health Savings Accounts (HSA) funds can be used on a variety of eye care needs, such as an eye exam, prescription eyewear, contact lenses or even prescription sunglasses? And, paying with FSA/HSA funds could make those stylish designer frames you've been dreaming of a reality.

2. Secure a backup pair

It's always helpful to have a backup pair of glasses to put your mind at ease if you misplace your current eyewear. Keep your family a step ahead by using your vision benefits on a backup pair of glasses before it's too late. EyeMed members have access to savings on additional pairs of glasses. Log into your account at [eyemed.com/member](https://www.eyemed.com/member) to view your benefits and learn more about how you can save on purchases of additional pairs of glasses.

3. Get prescription sunglasses

These days, many of us work from home and can work in non-traditional environments, such as outdoors. A pair of sunglasses can help protect your eyes from potentially harmful UV rays, as well as dirt and dust. Have your sunglasses made with prescription lenses so you can see your work more clearly. Optometrists recommend wearing sunglasses that deliver the highest level of UV protection—100 percent.¹

4. Upgrade to blue light filtering lenses

With so much time spent on screens, our eyes are being exposed to a lot of blue light. Blue light filtering lenses can help prevent digital eye strain. You can also ask your provider about non-prescription blue light lenses, if you want protection but don't need vision correction.

5. Take advantage of special offers

EyeMed members get access to everyday offers and deals on vision services and materials – like additional pairs of glasses and sunglasses – from participating in-network providers, like [LensCrafters](https://www.lenscrafters.com/lc-us) (<https://www.lenscrafters.com/lc-us>). Log in to [Member Web](https://member.eyemedvisioncare.com/member/en) (<https://member.eyemedvisioncare.com/member/en>) and check special offers before you head to your exam.

Make sure you get the most from your EyeMed vision benefits. [Schedule your eye exam](https://eyedoclocator.eyemedvisioncare.com/member/en) (<https://eyedoclocator.eyemedvisioncare.com/member/en>) at LensCrafters, or any in-network provider, today.

Sources:

.. "The heat is on: Ensure patients' protective eyewear is, too," American Optometric Association, July 2022. <https://www.aoa.org/news/clinical-eye-care/health-and-wellness/protecting-patients-eye-summer> (<https://www.aoa.org/news/clinical-eye-care/health-and-wellness/protecting-patients-eye-summer>).