

# 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.



## Tips from the American Academy of Ophthalmology on protecting your eyes from the sun:

- 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—sun 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.

### Your SunCare Coverage with a VSP Doctor\*

Eye Exam	• A fully covered comprehensive eye exam <sup>1</sup>
Eyewear	• Use your frame allowance toward ready-to-wear, non-prescription sunglasses from a VSP doctor.

\*Register and log on to [vsp.com](http://vsp.com) to review your benefit information. Based in applicable laws; benefits may vary by location.



# 100%

UVA AND UVB  
PROTECTION

The best choice  
for your sunglasses.<sup>2</sup>

Questions? [vsp.com](http://vsp.com) | 800.877.7195.

1. Less any applicable copay 2. EyeSmart.Org, Eye Health Information from the American Academy of Ophthalmology.