

What if I (and my family members) can see just fine? Why seeing 20/20 doesn't mean your vision's healthy

Did you know?

- › Regular vision exams can help show signs of diabetes, high blood pressure, macular degeneration¹, and cancer².
- › According to the Vision Council of America, approximately 75% of adults use some sort of vision correction.³
- › 65% of Americans experience some form of digital eye strain.⁴
- › Early diagnosis of vision issues means treatment is most effective¹ and may make treatment less costly.⁵

Customer service

At Unum, serving you is our specialty. When you purchase vision insurance from Unum, you have access to our vision customer service department **six days a week at (888) 400-9304** or **24/7 at www.AlwaysAssist.com**.

How to enroll:

Talk to your benefits manager today about how to enroll.

TEST YOUR VISION AT HOME



Scan the code,
or visit
bit.ly/VisionTests.

Remember: An online test is no replacement for a doctor's visit, so make sure to visit an eye care professional at least once a year.

Unum VisionSM is the smart choice

Eye doctors are often the first to detect chronic systemic diseases like diabetes and high blood pressure. Even with 20/20 vision, routine eye exams are imperative for everyone. Regardless of your age or health status, annual eye exams can identify the presence of eye diseases — most of which have no symptoms in beginning stages.

Quality eye care, convenient for you

Our affordable vision plans give you in-network discounts and insurance to cover routine exams and reduce your out-of-pocket expenses for materials if you discover a need for glasses or contacts. You will have access to an extensive national network of independent optometrists and ophthalmologists, as well as large retail chains like Walmart, Sam's Club, Costco⁶, Target, America's Best, Pearle Vision, and many more.

Glaucoma: the silent vision snatcher

Progression of Glaucoma Symptoms



Beginning

Intermediate

Advanced

Glaucoma is one of the leading causes of blindness in the United States and often shows no symptoms in early stages. In fact, only 50% of people with glaucoma even know they have the condition. If left untreated, glaucoma can lead to vision loss and blindness. However, early detection and treatment can help save your sight.⁷

EXTRA BENEFITS

Offered at no extra charge to you!



And if you ever do need corrective lenses, we offer discounts on optical materials!

In addition to covered benefits, you can receive special discounts at thousands of optical locations for extra purchases of lenses and coatings, frames, contact lenses and other products. These discounts may be used in conjunction with your insurance transactions for non-covered services as well as with additional purchases.⁸

Hearing Savings Plan

All members and covered dependents have access to the Unum Hearing Savings Plan which includes:

- › discounts on major, name brand hearing instruments and accessories;
- › 40% savings on hearing aid batteries; and
- › on-call support with professional hearing counselors.

Why should you enroll?

- › **Better health** — Individual and family benefits include annual exams.
- › **Savings** — In-network discounts and insurance coverage help offset the cost of exams, frames and lenses, and/or contact lenses.
- › **Freedom of choice** — Work with any eye care professional or stretch your benefits with Unum's national network of eye care providers, including retail chains.
- › **Convenience** — Most network eye care providers will submit claims for you.

Manage your benefits online easily with AlwaysAssistSM

AlwaysAssist is your home for accessing your benefit information online. Members can logon to www.AlwaysAssist.com to:

- › Print ID cards
- › Search for vision providers
- › View and print claims
- › View benefits
- › Track vision benefits used for the current benefit year
- › Modify personal information
- › View proof of insurance
- › Contact a customer service representative directly through the Message Center
- › Download the AlwaysAssist mobile app for benefits on-the-go
- › Access health links based on plans enrolled and more!

How to Register: First-time users should register by selecting Sign Up on the AlwaysAssist member screen. You will need your Unum Vision member number or Social Security number.

MORE

To find out more about the services available to you or to enroll, talk to your benefits manager today.

1. Centers for Disease Control and Prevention, *Keep an Eye on Your Vision Health*, 2016.
2. American Cancer Society, *Can Eye Cancer Be Found Early?*, 2016.
3. The Vision Council, *Vision Watch*, 2016.
4. The Vision Council, *Eyes Overexposed: The Digital Device Dilemma*, 2016.
5. Center for Disease Control, *The Burden of Vision Loss*, 2015.
6. Special payment and reimbursement terms apply for material purchases at Costco. Additional discounts are not applicable.
7. Centers for Disease Control and Prevention, *Vision Health Initiative (VHI): Glaucoma Project*, 2016.
8. Discounts are subject to change without notice and cannot be combined with other promotions.

This information is not intended to be a complete description of the insurance coverage available. The policy or its provisions may vary or be unavailable in some states. The policy has exclusions and limitations which may affect any benefits payable. For complete details of coverage and availability, please refer to Policy Form series VI-2002 and VI-2007 or contact your Unum Vision representative.

Vision plans are marketed by Unum, administered and underwritten by Starmount Life Insurance Company, Baton Rouge, LA.

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