

Look out for your overall health with Vision Insurance.

Flexible and comprehensive coverage that may save¹ you money.



Eye care services without a vision plan can be expensive. MetLife Vision Insurance with the **VSP® Choice** network helps you and your family pay for eye exams, glasses, contact lenses and more.

Taking good care of your eyes can also help you take better care of your body. Regular visits to your eye care professional do more than just protect your eyesight, they may help protect your overall health. Through a routine exam, eye doctors may spot serious health problems like diabetes, high blood pressure, heart disease, certain cancers and other conditions.²

Here's how much you could save¹ with MetLife Vision:

Vision service ³	Average cost without a vision plan ³	Average cost with MetLife Vision Insurance
Eye exam	\$100	\$10 (co-pay)
Glasses	N/A	\$25 (co-pay)
Frame	\$140	\$8
Lenses (bifocal)	\$139	\$0
Ultraviolet (UV) coating	\$23	\$0
Anti-reflective coating	\$106	\$69
Annual premium ⁴	N/A	\$84
Total cost of services	\$508	\$196

Potential savings⁵: \$312

Consider this:



We avoided going to the eye doctor due to the high cost. Thanks to **vision insurance**, we saved¹ on eye exams and new eyewear for the whole family. Our child is adjusting to new glasses, and I love my contact lenses. Recently, when I had my own eye exam, my doctor caught the early signs of diabetes,² so I followed up with my physician right away.

This is a hypothetical example for illustrative purposes only. MetLife does not claim that these are typical results that members will generally achieve. The photo does not represent actual MetLife customers.

The advantages of having MetLife Vision Insurance

Your choice of eye care professional

- Choose from thousands of participating ophthalmologists, optometrists and opticians at private practices or popular retail locations,⁶ including Costco Optical, Walmart Vision, Sam's Club Optical, Visionworks and more⁷

Your choice of eyewear styles and other benefits

- Choose from hundreds of options, including some of the latest designer frames
- Fixed co-payments on lens enhancements⁸ like scratch-resistant and anti-reflective coatings, progressive lenses and more
- No additional out-of-pocket costs on polycarbonate (shatter-resistant) lenses for children up to age 18
- Potential savings¹ on contact lens fittings and evaluations, laser vision correction,⁹ and non-prescription sunglasses

Check out our [Vision Cost Estimator](https://www.metlife.com/vision-estimator)¹⁰ at [metlife.com/vision-estimator](https://www.metlife.com/vision-estimator) to learn more about eye care options and their estimated in-network cost.



Contact your HR representative to [learn more](#).

Questions? Call MetLife Vision at 1-855-MET-EYE1 (1-855-638-3931).

1. Your actual savings from enrolling in a vision plan will depend on various factors, including the plan chosen, plan premiums, number of visits to an eye care professional by your family per year, and the cost of services and materials received. Be sure to review the Schedule of Benefits for your plan's specific benefits and other important details.
2. Barden, Anna and Gary Heiting, OD, 5 reasons annual eye exams are important, AllAboutVision.com, April 1, 2024, <https://www.allaboutvision.com/eye-care/eye-exam/importance/>. Accessed April 24, 2025.
3. Comparison is based on national averages and the most commonly purchased brands. VSP claims data for 2024.
4. Based on employee-only rate for M130-10/25 standard plan design with employees nationwide.
5. These are sample savings only. Your actual savings from enrolling in a vision plan will depend on various factors, including the plan chosen, plan premiums, number of visits to an eye care professional by your family per year and the cost of services and materials received. Be sure to review the Schedule of Benefits for your plan's specific benefits and other important details.
6. For a list of participating providers, use the Find a Vision Provider tool at [metlife.com](https://www.metlife.com). Select Find a Vision Provider, choose VSP Choice as the network, complete the information requested and hit the Search button.
7. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.
8. Lens enhancements are available at participating private practices. Pricing is subject to change without notice. Please check with your provider for details and availability prior to receiving services. Additional discounts may not be available in certain states or at certain retail locations.
9. The VSP Choice network allows you to access discounted laser correction services. May not be available in all states or regions. Custom LASIK coverage only available using wavefront technology with the microkeratome surgical device. Other LASIK procedures may be performed at an additional cost to the member. Additional savings on laser vision care is only available at participating locations. Not everyone will qualify for LASIK surgery. Results will vary. Please discuss outcomes with your eyecare provider.
10. Costs and amounts shown are for guidance only and should not be relied upon as the actual costs for specific vision care administration services. The estimated costs may be higher or lower as they are calculated based on national average cost and frequency data with an understanding of provider networks. These costs are not intended to reflect your exact costs for services and are subject to change based on your coverage, benefits, and authorization for services. The information presented does not indicate medical advice, actual costs, guarantee of payment, prior approval for services, or judgment of a claim. If you have a vision plan, be sure to review your plan's current Schedule of Benefits for your specific coverage details.

Vision Insurance is provided by Metropolitan Life Insurance Company (MetLife), New York, NY. Certain claim and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with MetLife or its affiliates. Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.

VSP is a registered trademark of Vision Service Plan.

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