

# Choosing the best lenses for your life

Learn about your options



Choosing the right lenses and lens treatments can go a long way in improving the comfort and effectiveness of your prescription glasses. Learn what's available and feel confident in your next eyewear purchase.

Remember, you can purchase glasses from an independent eye doctor or one of the popular retail or online stores in our Blue View Vision<sup>SM</sup> standard network that includes 42,000 eye doctors at more than 30,000 locations.<sup>1</sup>

## Lens options and treatments

### Anti-reflective coating

This treatment stops reflections from appearing on either side of your lenses. This allows more light to pass through and reduces glare which can be helpful for night driving.

**Cost:** Varies by brand and type.

### Scratch-resistant coating

As an everyday accessory, your glasses experience some wear and tear. A scratch-resistant coating makes the lens surface harder, to keep them looking good and working well.

**Cost:** No extra cost.<sup>2</sup>

### Polycarbonate lenses

These durable lenses can resist 10 times more impact than plastic or glass. They're also thinner, lighter, and have 100% UV protection.

**Cost:** No cost for adults and no cost for kids with standard plans.<sup>2</sup>

### Tinted, polarized, and ultraviolet (UV) lenses

These lenses can help protect your eyes from the sun or glare and are especially helpful if you spend time outside. Tinted lenses have added color to reduce glare in bright light, polarized lenses have a special filter to reduce glare from reflective surfaces, and UV lenses help protect your eyes from harmful UVA and UVB rays.

**Cost:** Tinted and UV lens options are \$15 each. Polarized lenses are discounted at 20%.<sup>2</sup>



### Transitions® lenses

These photochromatic lenses automatically adapt to changing light. They darken when exposed to sunlight and return to clear when indoors, which means they can double as sunglasses.

**Cost:** No cost for adults and no cost for kids with standard plans.<sup>2</sup>

Keep in mind, you can combine several lens options and treatments into one pair of lenses to get eyewear that best fits your lifestyle.

### Bifocals or progressive lenses

Bifocals and progressive lenses are both good options if you need help seeing up close and far away. However, unlike bifocals, progressive lenses come with more than two lens strengths to help clear up your mid-range vision as well.

**Cost:** Varies by brand and type.

### Prescription sports eyewear

For active kids, prescription sports frames and lenses offer additional protection. If your child prefers to have a regular pair of glasses and a pair of sport glasses, they can get one through their vision benefit and then get the other at a 40% discount.

This option is part of our enhanced benefits for dependents under 19.

**Cost:** Varies by brand and type if more than the annual frame allowance. A lens copay may apply.



### We're here to answer your coverage questions

Review your benefits anytime on the Sydney<sup>SM</sup> Health app or **anthem.com** or call us at the Member Services number on your ID card.

<sup>1</sup> Zelis Network360 data, January 2023.

<sup>2</sup> Prices are for care providers in your plan.

What you've read here is a brief outline of the products and services included in our standard full service vision plan that provides coverage for exams and prescription eyewear. It is not a legal contract. Your plan benefits may vary from this. To get the details of your specific benefits, exclusions, and restrictions, please see your plan documents.

Transitions is a registered trademark of Transitions Optical, Inc. Photochromic performance is influenced by temperature, UV exposure, and lens material.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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