MetLife | Vision Insurance

Get the facts about vision insurance.



Eye doctor visits can be expensive.

MetLife Vision Insurance with the VSP® Choice network offers potential savings[1] on exams, eyewear and contacts.

Among U.S. adults…



83%

use a form of vision correction, including eyeglasses, prescription sunglasses, reading glasses and contact lenses.[2]

You may be able to get MetLife Vision Insurance for monthly rates less than the cost of...



A medium cup of coffee[3]

1x per week



Did you know?

Regular visits to your eye care professional may benefit more than your eyesight—they may help contribute to your overall health by potentially catching serious medical problems.[4]

Consider this:

We avoided going to the eye doctor due to the high cost. Thanks to **vision insurance,** we saved on eye exams and new eyewear for the whole family.[1] 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,[4] 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.

Here's how much you could save[1] with MetLife Vision:

Vision service[5]	Average cost without a vision plan[5]	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[6]	N/A	$84
Total cost of services	**$508**	**$196**

Potential Savings: $312

What you need to know about MetLife Vision Insurance:

You can save[1] on exams, glasses, contact lenses, laser vision correction[7] and more.

Select any licensed vision care specialist,[8] or choose from a large network[9] of ophthalmologists, optometrists and opticians at private practices or retail locations.

Get the style you want. Choose from classic styles to the latest designer frames—and select what's right for you and your budget.

Enroll today or contact your HR representative to **learn more**.

Questions? Call 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 annual family visits to an eye care professional, 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. The Consumer inSights Q2 2024 Report, The Vision Council, July 25, 2024, https://thevisioncouncil.org/blog/vision-council-releases-new-research-spotlighting-q2-consumer-trends-and-generational. Accessed January 30, 2025.
3. Cost of Living in United States, Numbeo, November 2024, https://www.numbeo.com/cost-of-living/country_result.jsp?country=United+States. Accessed November 25, 2024.
4. Kelley, OD, MS, Sonia, Are eye exams just as important as other health exams?, AllAboutVision.com, April 13, 2022, https://www.allaboutvision.com/eye-care/eye-exams/rethinking-importance-of-eye-exams/. Accessed November 25, 2024.
5. Comparison is based on national averages and the most commonly purchased brands. VSP claims data for 2024.
6. Based on employee-only rate for M130-10/25 standard plan design with employees nationwide.
7. 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.
8. If you choose an out-of-network provider, you may have increased expenses, will need to pay in full at the time of services, and will need to file a claim with MetLife for reimbursement.
9. For a list of participating providers, use the Find a Vision Provider tool at metlife.com. Select Find a Vision Provider, choose VSP Choice as the network, complete the information requested and hit the Search button.

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.

MetLife

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