

[current-date]

[customer-name]  
[Addr1]  
[Addr2]  
[Addr3]  
[Street Address]  
[City, ST ZIP or Country Name if Foreign address]

## It's time for your vision exam

### Why we're contacting you

We want to let you know that it's time to make your annual vision appointment.

### What you need to know

Our goal is to help keep you and your eyes healthy. That's why it's important to have a comprehensive vision exam every year.

Vision providers use this exam to get a better view of your eyes. They look for eye health problems, such as glaucoma, macular degeneration and diabetic eye disease. They also look for signs of health conditions, including high blood pressure, high cholesterol and diabetes.

### Protect your eyes with a yearly exam

- Date of your last vision exam: [last-exam-date]
- Doctor: [provider-name]
- Address: [provider-address]
- Phone: [provider-phone]

### What you need to do

Get the vision care that is right for you. Make your vision exam appointment today!

### We're here to help

If you have questions or need help finding a vision provider, visit [metlife.com/mybenefits](https://www.metlife.com/mybenefits) or call us at 1-855-MET-EYE1 (1-855-638-3931).

Benefits are underwritten by Metropolitan Life Insurance Company, New York, NY (MetLife). Certain claims and network administration services are provided through Vision Service Plan, Rancho Cordova, CA (VSP). 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 us or your plan administrator for costs and complete details.

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### Did you know?

- More than 34 million US adults have diabetes.<sup>1</sup>
- Diabetes is the leading cause of vision loss in working-age adults.<sup>2</sup>

Visit [healthyeyes.mymetlifevision.com](https://www.healthyeyes.mymetlifevision.com) for more eye health information.

Si desea obtener una traducción de esta carta visite [healthyeyes.mymetlifevision.com](https://www.healthyeyes.mymetlifevision.com). O llame a Servicios a Miembros de MetLife, marcando el número de teléfono que aparece a la izquierda.

請參閱網站 [healthyeyes.mymetlifevision.com](https://www.healthyeyes.mymetlifevision.com)。或致電大都會人壽會員服務部索取此信的中文版，電話號碼在左邊

<sup>1</sup> Division of Diabetes Translation At A Glance, Centers for Disease Control and Prevention, <https://www.cdc.gov/chronicdisease/resources/publications/aag/diabetes.htm>, August 2020.

<sup>2</sup> Vision Loss and Age, Centers for Disease Control and Prevention, <https://www.cdc.gov/visionhealth/risk/age.htm>, June 2020.