

You may be entitled to claim full costs of your eye exams

Who is eligible to claim 100 percent of the costs of an eye exam?

If you spend the majority of your work day monitoring a computer screen, you are eligible for full coverage of the costs of an eye exam. This is provided for in article 58.06 (a), Video Display Terminals, of the collective agreement.

What conditions apply to this coverage?

- You must be examined by an ophthalmologist or optometrist (of your choice).
- You can only claim this every two years.
- Staff who do not work the majority of the day at a computer monitor are not eligible.

What do I have to do to claim the costs of the eye exam?

- Have your manager notify Human Resources that the majority of your work is monitoring a computer screen, the next time you set up an appointment for your eye exam.
- Complete the Blue Cross claim form and send it to the Manager of Employee Benefits in Human Resources (currently Barb Messenger).
- Attach a note requesting full reimbursement under article 58.06 (a). You should be reimbursed for the full cost of the exam instead of the \$75 limit under the extended health benefits program.

Does this coverage apply to family members?

No, unlike extended health benefits, coverage does not apply to family members.

Some employees qualify for “computer” glasses



The Board will provide single vision “computer” glasses if you wear *bi/tri* focal or progressive lenses, and, if you meet specific criteria. Modifications to computer workstations can provide relief to most employees reporting neck, shoulder, upper limb, and visual discomfort. However, for some individuals who wear glasses with *bi/tri*-focal or progressive lenses, these changes may not completely alleviate discomfort. In these cases, single vision glasses may help reduce discomfort.

To be eligible for reimbursement of the costs of these glasses, you must work with a Board ergonomist. The Board won’t pay the costs of “computer” glasses, unless:

- Other workstation improvements have been tried and have not been successful in eliminating discomfort
- A Board ergonomist thinks that single vision lenses may reduce your discomfort

For more information about the use of “computer” glasses, contact Corporate Ergonomist Emma Christensen or Joyce Lee. If you are experiencing discomfort which may be related to your workstation, submit an electronic Ergonomic Request Form. One of the ergonomists, or a member of your local Ergo Liaison Team, will then carry out an evaluation of your workstation.