

HOW TO USE YOUR SHIP VISION BENEFITS WITH ACADEMIC VISION CARE (AVC)

Your school's Student Health Insurance Plan (SHIP) includes Academic Vision Care (AVC) — a program that helps you get free prescription or non-prescription glasses and lenses.

Follow these easy steps to get your eye exam and order your glasses online!



Step 1: Schedule Your Eye Exam

1. Find an in-network eye doctor through your insurance carrier's provider directory. Visit connect.werally.com/medicalProvider/root to search for an in-network Optometrist.
2. Type in Ophthalmologist in the search bar and select "Optometry" as the category.
3. Select a provider near you and obtain their phone number.
4. Call the office and schedule a routine vision exam. Tell them you have student insurance through SHIP with United Healthcare.

***Bring your student ID and insurance card to the appointment.**

What's covered:

- Adults (19+): One eye exam per policy year (after a small copay)
- Children (under 19): One eye exam and one set of glasses or contact lenses per policy year

Step 2: Get Your Prescription

After your eye exam, ask your eye doctor for a copy of your prescription.

You do not have to buy glasses from the doctor's office.

The office is required to give you a copy at no cost. Keep your prescription handy — you'll need it for the AVC website.



View your benefits online at missouristate.myahpcare.com

HOW TO USE YOUR SHIP VISION BENEFITS WITH ACADEMIC VISION CARE (AVC)

Your school's Student Health Insurance Plan (SHIP) includes Academic Vision Care (AVC) — a program that helps you get free prescription or non-prescription glasses and lenses.

Follow these easy steps to get your eye exam and order your glasses online!



Step 3: Log in to Academic Vision Care (AVC)

1. Check your student email for a welcome email from AVC. It includes your login link and setup instructions.
2. Follow the link to create your AVC account.
3. Once logged in, you'll see options for free glasses and lenses.

AVC Perks:

- Save an average of \$150 out of pocket
- No hidden fees or copays
- Try-on kits and virtual frame tools
- AI-powered style recommendations for 1,500+ frames



Step 4: Use Your Prescription on AVC

1. Upload your eye doctor's prescription to your AVC account.
2. Choose your favorite frames and lens options.
3. Confirm your order — your glasses will be shipped to you at no cost!



Step 5: Need Help?

- Visit missouristate.myahpcare.com
- Visit help.ahpcare.com or use the AHP support portal
- Call 1 (855) 856-2386

View your benefits online at missouristate.myahpcare.com