

Vision Benefits

Frequently Asked Questions

What are my routine vision benefits?

Your routine vision benefits depend on your health plan. Find your plan below to view what services are covered.

Iowa Health Link

- **Exams**
 - 1 complete preventive eye exam every 12 months
- **Eyewear**
 - **Age 1 and under:** up to 3 pairs of eyeglasses (frames, single vision and multifocal lenses; safety frames allowed) every 12 months, up to 16 gas permeable contact lenses every 12 months
 - **Age 1-3:** up to 4 pairs of eyeglasses (frames, single vision and multifocal lenses; safety frames allowed) every 12 months, up to 8 gas permeable contact lenses every 12 months
 - **Age 4-7:** 1 pair of eyeglasses (frames, single vision and multifocal lenses; safety frames allowed) every 12 months, up to 6 gas permeable contact lenses every 12 months
 - **Age 8 and over:** 1 pair of eyeglasses (frames and single vision and multifocal lenses) every 24 months, 2 gas permeable contact lenses every 24 months
 - ❖ *Gas permeable contact lenses require medical documentation for approval.*
- **Repairs**
 - **Age 20 and under:** replacement for eyeglasses lost or damaged beyond repair is not limited.
 - **Age 21 and over:** replacement for eyeglasses lost or damaged beyond repair is limited to once every 12 months.

Iowa Health and Wellness Plan

- **Exams**
 - 1 complete preventive eye exam every 12 months
- **Eyewear**
 - **Age 19 and 20 only:** 1 pair of eyeglasses (frames and lenses) every 24 months
- **Repairs**
 - **Age 19 and 20 only:** replacement for eyeglasses lost or damaged beyond repair is not limited.
 - ❖ *Contact Iowa Total Care at 1-833-404-1061 (TTY: 711) about medically exempt benefits.*

Healthy and Well Kids Iowa Plan (Hawki)

- **Exams**
 - 1 complete preventive eye exam every 12 months
- **Eyewear**
 - \$100 retail allowance toward eyeglasses and contact lenses every 12 months

How do I find an Iowa Total Care provider in my area?

1. Go to IowaTotalCare.com.
2. Click on “Find a Provider” at the bottom of the page.
3. Click on “Use our Find a Provider Tool.”
4. Enter your address and click “Submit,” or select “Use my current location.”
5. Scroll down the page and select “Dental & Vision.”
6. Click “Vision Professionals” to find a list of individual providers, or select “Vision Facilities” to find vision groups.

What type of providers can I see for routine vision services?

- **Optometrists** are eye care professionals who provide primary vision care ranging from sight testing and correction to the diagnosis, treatment and management of vision changes.
- **Ophthalmologists** are medical doctors who specialize in vision care and provide treatment of disorders and diseases of the eye.

I found that my local vision center is listed as a provider, but the listing states, “Equipment, Not the Service.” What does that mean?

If a vision center lists “Equipment, Not the Service,” you can only get your glasses or contacts there—no exams are offered.

Are there vision centers where I can get my eye exam *and* glasses/contacts?

Yes. Check our [Find a Provider](#) tool, call member services at 1-833-404-1061 (TTY: 711), or call the vision center location to make sure you can get the services you need.

I had my vision exam completed by a provider that is in the Iowa Total Care network. However, I did not care for the selection of frames. Can I get my glasses somewhere else?

It is possible your provider has a limited selection of frames that are covered under your plan. You can take your prescription to another Iowa Total Care provider for fulfillment.