



The Torch

The official newsletter for Indiana state employees

August, 2021

The Indiana State Fair returns with spirit to spare



Eighteen spirited days. Four spirited weekends! The festivities, the food, the animals, the fabulous kid stuff, the music, the midway and the magic. The Indiana State Fair welcomes everyone back to this great Hoosier tradition!

Stop by and enjoy your favorite tasty foods, and amazing new rides. This year, there's plenty of WOWs and NEW experiences blended with your favorite Hoosier traditions!

About the Indiana State Fair.

The Indiana State Fair is the state's largest multi-day event celebrating Hoosiers' spirit and agricultural heritage. These 18 days celebrate

Indiana agriculture and promote it to hundreds of thousands of people across Indiana, and beyond. Nationally recognized for offering great entertainment, showcasing 4-H youth, interactive agriculture education programs, premier facilities and a variety of unique, fun foods, the Indiana State Fair has been an annual attraction for generations of Hoosiers since 1852. The 2021 Indiana State Fair will be held July 30-August 22 (closed Mondays and Tuesdays). The theme for this year's fair is *Celebrating the Hoosier Spirit*.

For more information, visit www.indianastatefair.com or follow us on [Facebook](#), [Instagram](#) and [Twitter](#).

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The Torch is published monthly by the Indiana State Personnel Department and is available online at <https://www.in.gov/spd/employee-resources/the-torch/>

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

Social media



Follow [@SOIEmployees](https://twitter.com/SOIEmployees)



Like [@SOIEmployees](https://www.facebook.com/SOIEmployees)



Follow [State of Indiana Employees](https://www.youtube.com/StateofIndianaEmployees)

Visit DNR at the Indiana State Fair

The Natural Resources Building is the place to be during the [Indiana State Fair](#), today through Aug. 22, excluding Mondays and Tuesdays. DNR Building

Located in the northwest area of the fairgrounds, the Natural Resources Building offers information on all things DNR in air-conditioned comfort. While visiting inside, you can pick up the latest guidebooks on Recreation, Fishing, and Hunting & Trapping, along with manuals on boating, off-road vehicles, and much more.

Outside the building is the Fishin' Pond, where children ages 5-17 can fish for free on Thursdays, Saturdays, and Sundays from 10 a.m. to 1 p.m., and 4 to 7 p.m.

Outside at the amphitheater, which is next to the Natural Resources Building, you can check out the live reptiles at 10 a.m. every day of the fair, and on



Thursdays through Sundays at 4:30 p.m. you can watch the live birds of prey program.

While shopping inside the building's Mother Nature's Mercantile, you can get an exclusive special deal on Outdoor Indiana magazine that is available only to State Fair attendees. Simply buy a subscription at the cash

register, and you will be handed the current [July/August issue](#). Your one- or two-year subscription (\$15 or \$28, respectively) will start with the September/October issue, so you will be getting one issue free.

Updates on these activities and more can be found at dnr.IN.gov/statefair.

Hoosiers S.T.A.R.T. hosting retirement webinar

THINKING ABOUT RETIRING? PLAN AHEAD.

Tune into the Hoosier S.T.A.R.T. webinar on **Thursday, August 12 @ 12 p.m.**

Hoosier S.T.A.R.T. will be hosting the “What to do if you’re considering retirement” webinar on **Thursday, August 12 at 12 p.m.** The group webinar is anonymous to the employer and encouraged for anyone considering retirement within the next five years. Get your questions answered, learn what steps to take and what plans to consider!

Register for the webinar [here](#).

Schedule an appointment with your representative [here](#)

Hoosier S.T.A.R.T. is the 457(b) deferred compensation plan for state employees and eligible local government employees.

One option remains for earning your 2022 Premium Discount

If you haven't started working toward your [2022 Premium Discount](#) yet, you still have one option remaining: You can reach Level 5 by completing health education modules, setting health goals, and participating in challenges!

Online education is available in the [ActiveHealth portal](#) or through the ActiveHealth app, which can be downloaded for free from the App Store or Google Play.

But there's no time to waste! The deadline to start this option is **Aug. 18**, and it **must be completed by Sept. 30**.

You can also earn your 2021 premium discount by continuing to track your steps or activity or through health coaching.

You must have started the physical activity option by March 15 in order to meet the requirements



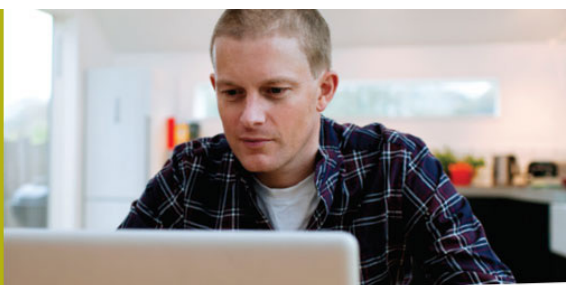
by the Sept. 30 deadline. If you've started this option, keep going! You'll need to track 200 days of 30 minutes of physical activity or at least 10,000 steps through a device connected to the [ActiveHealth portal](#) in order to meet the requirements for earning the Premium Discount this way. If you've chosen the health coaching option, you must have started by July 1. Remember you must complete four health coaching sessions (in-person or by phone) by the Sept. 30 deadline.

Track your progress toward completing an activity in your Rewards Center on the [ActiveHealth portal](#) and check out the [ActiveHealth FAQs](#) for answers to common questions.

Better health is its own reward, but who wouldn't want to save money on their health plan too? No matter which option you've selected, you've made the choice to Invest in Your Health! For more ways to keep your wellness top of mind, check in often at [InvestInYourHealthIndiana.com](#). For any additional questions, don't hesitate to contact the INSPD Benefits Hotline at (877)-248-0007.

Note: If your spouse is carried on your health plan, they will also have to complete one of the Premium Discount activities by the deadline in order for you to qualify for the 2022 Premium Discount.

Start your journey to better health & earn a **2022 PREMIUM DISCOUNT**



It's not too late!



Reach Level 5 (9,000 hearts) in online education.

You must reach level 5 by Sept. 30.

Log in to ActiveHealth: www.myactivehealth.com/stateofindiana

Next 'Learning Lab' focuses on building a healthy eating plan

ActiveHealth Learning Labs

Join ActiveHealth's Learning Labs hosted by your ActiveHealth coach, Sarah.



Come and explore important, lasting changes you can make in your daily life. Each Learning Lab will last 30

minutes. She'll take a look at topics like healthy eating, being active, getting better sleep and being more mindful.

Aug. Learning Lab: Eat smart for life - Build a healthy eating plan



When it comes to eating, we have strong habits. Some are good, and some are not so good. Everyone knows it's important to eat well. But what does healthy eating look like for you? How can you make it a lifestyle change? And how can you ensure you're making healthy food choices throughout the day? Join us to learn a thoughtful approach to improving your eating habits.

You'll learn:

- How to use [MyPlate](#) to create new healthy eating habits
- Tips for grocery shopping
- Tips for healthy meal planning
- How to set healthy eating goals

Join one of the virtual classes Wednesday, August 25. Click [here](#) to register.

10 ways to sleep better... naturally!

According to the CDC, more than 1/3 of U.S. adults routinely sleep fewer than 6 hours a night. Sleep is important for our health. So how can you sleep better?

1. Develop a sleep routine – sleeping in on the weekends sounds nice, but it disrupts your biological clock and can cause more sleep problems. It is good to go to bed at the same time every night, even on the weekends! This helps establish your internal sleep/wake clock and reduced the amount of tossing and turning at night.
2. Move it! – regular exercise can help you sleep better at night. Just try and wrap up your workout session at least two hours before bedtime so that you're not too energized when it's time to go to bed.
3. Change your diet – cut out the food and drinks that contain caffeine by mid-afternoon. Dinner should be your lightest meal and it should be a few hours before bedtime. Skip the spicy or heavy foods, as these can keep you awake with heartburn or indigestion.
4. Don't smoke – because of the stimulative effect of nicotine and the nighttime withdrawal from it, smoking can impact your rest.
5. Say no to a nightcap – alcohol disrupts the pattern of sleep and brainwaves that help you feel refreshed in the morning.

6. No technology – put your gadgets away an hour before bedtime!
7. Don't share the bed – dogs and kids can be some of the biggest bed hogs and some of the worst sleepers.
8. Black it out – light tells your brain to wake up, so try making your room as dark as possible.



10 ways to sleep better... naturally!

- 9. Keep the temperature controlled – the National Sleep Foundation recommends a temperature somewhere around 65 degrees.
- 10. Use your bed for sleep- Don't work from bed

If you're looking for more information to help you on your health journey, be sure to visit [MyActiveHealth](#).

There is a wealth of information on this website regarding many different health and wellness topics. Other resources:

Login to [MyActiveHealth Engagement Platform](#) and download the ActiveHealth Mobile App (located in the app store and google play).



Upcoming August wellness webinar

Don't miss the upcoming webinar about the importance of getting quality sleep. The webinar lasts about 45 minutes and will be offered three times a day: 10 AM, 12:30 PM & 4:30 PM (ET).

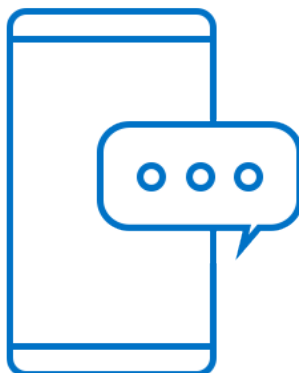


Good night, sleep well

Did you know over 3 out of 10 U.S. adults don't get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Getting enough good sleep isn't a luxury. It's a necessity. You can think of it as a "vital sign" of good health.

August 17
[Register here](#)

Services are provided by ActiveHealth Management, Inc. The ActiveHealth program, care team and care managers do not provide diagnostic or direct treatment services. The programs are not a substitute for the medical treatment and/or instructions given by your health care providers.



Stay informed about your state of Indiana health benefits.

Sign up to receive text alerts about your employee benefits including wellness rewards, insurance updates, open enrollment, wellness resources, and more.



Tobacco prevention expert leads national organization



We are all busy, so it's no wonder that, for many of us, the thought of adding a volunteer gig to our already-full plates is often only a passing one.

But Anita Gaillard, Director of Community Programs in the Tobacco Prevention and Cessation (TPC) Division, has advice if that passing thought becomes serious: "Pick an issue you are passionate about," she said. "You'll enjoy your service more, grow, and learn. You'll build your own leadership style and skills too."

She would know. In 2020, Gaillard was elected Board Chair for [The Center for Black Health & Equity](#), (The Center), a national organization dedicated to facilitating public health policies and programs designed to benefit communities and people of African descent.

Gaillard celebrated her 20th anniversary working in tobacco cessation for the state, and her expertise made her a perfect candidate for board membership.

"TPC always had a relationship with the organization, and I was looking for professional leadership development," said Gaillard. "So, I applied when I saw an opening, then I was elected as the Board Chair. I take this responsibility seriously."

Anita also takes seriously how the role impacts her job at IDOH. She gained approval from Miranda Spitznagle, Director of TPC, before applying for these positions.

Gaillard devotes about five hours a month to The Center. In addition to prepping for meetings, she reviews financial and personnel documents and performs other work, such as revising bylaws, between those meetings.

"This is a well-oiled machine," Gaillard said of The Center. "We have a strong executive director, and the staff does most of the day-to-day work."

That work includes the annual State of Black Health Conference and facilitating solutions to health disparities found in mental health treatment, HIV, cancer, and more. Tobacco cessation is also a focus, and The Center's annual [No Menthol Sunday](#) public health campaign grows every year. Gaillard's efforts at The Center dovetail nicely with her work at IDOH.

"The biggest advantage for me personally and professionally is sitting down with national organizations and experts," she explained. "I've met so many people and have had in-depth and creative discussions with them. The position creates connections we wouldn't otherwise have for Indiana -- limitless connections."

Anita pointed out that IDOH employees can also help create change in health equity.

"Do the research on your own," she suggested. "Spend some

intentional time listening to podcasts, webinars, and reading books. Go on a journey of your own. Become aware of health equity. What are your belief systems? Be honest with yourself on where you are."

Anita's career with IDOH, which began in 2001 when she helped launch a statewide anti-tobacco education campaign and includes her work on the creation of Indiana's community-based tobacco control program, will come to an end when she retires in September.

But even in retirement, Gaillard's efforts to positively impact public health will continue. She'll remain in her role as The Center's chair, and her expertise and optimistic outlook are bound to make a difference.

Story by Laura Buckner, Indiana Department of Health.



Photo is of Anita Gaillard, Director of Community Programs, IDOH Tobacco Prevention and Cessation Division.

Amusement park discounts available for state of Indiana employees

Make the most of the last weeks of summer before school starts! Check out some of the amusement park discounts available to state employees.

Holiday World

State of Indiana employees will save on Holiday World & Splashin' Safari ticket purchases when they visit www.holidayworld.com/funclub and enter the (case sensitive) username and password:

- Username: Holiday123
- Password: World123



Indiana Beach

Indiana Beach is celebrating its 95th anniversary in 2021, and state of Indiana employees can join in the fun by saving on tickets this season!

Head to IndianaBeach.com and use the online corporate discount code, **2021INSTATE** to save money on tickets all season long.



Kentucky Kingdom

State employees can receive a 25% discount (\$29.95 per person) to Kentucky Kingdom and Hurricane Bay!

Buy your tickets at www.KentuckyKingdom.com/summerfunpartners.

Check out updated pricing information [here](#).



> Check out the complete list of discounts available to state employees [here](#).

Free mobile COVID-19 vaccination clinic available at Statehouse Market

The Indiana Department of Health is hosting free mobile COVID-19 vaccination clinic at the Statehouse Market every Thursday from 10:30 a.m. to 1:30 p.m. as part of ongoing efforts to prevent the spread of COVID-19.

The mobile unit will be located on Robert D. Orr Plaza.

There is no need to make an appointment, but you can access the link below to reserve your spot at the market or at other locations across the state.



[Schedule an Appointment](#)

FALL INTO NON-STOP FUN. CHECK OUT THE AUTUMN GUIDE!

Our online magazine is chock full of programs and events happening at our 12 locations across the state August through October.



VIEW NOW!

INDIANA STATE MUSEUM AND HISTORIC SITES
indianamuseum.org

Artwork by Jerry Williams



September is Indiana Archaeology Month

September will be the 26th anniversary of a statewide event to celebrate the science of archaeology in our state.

The Indiana Department of Natural Resources Division of Historic Preservation & Archaeology (DHPA) promotes awareness and appreciation of Indiana's archaeological heritage and implements policies, rules, and statutes to protect the state's archaeological sites, which are finite and fragile resources.

The 2021 Indiana Archaeology Month poster focuses on archaeology and the production of Hoosier spirits. Studying patterns of the production, distribution, and consumption of Indiana goods is one area of historical archaeological research that can inform us about the lives of past Hoosiers. Highlighted are images



Images courtesy of and/or taken by: Indiana Album, Shirley and Mike Benham Collection; Rachel Wonders, Applied Anthropology Laboratories, Ball State University; Cultural Resource Analysts, Inc.; Bass Photo Co. Collection, Indiana Historical Society; Tammy Seiter and Leeanne Mahoney, AECOM; Indiana Historical Society; The Lilly Library, Indiana University, Bloomington, Indiana; and the collection of the Indiana State Museum and Historic Sites.

of a beer wagon in Indianapolis in 1942, a small-scale still found in Brown County, a large-scale brewery in Lafayette, and artifacts from sites around Indiana.

To celebrate, find archaeology [events](#) to attend, [learn](#) more about the poster design and Archaeology Month, and [read more](#) about Hoosier archaeology. Cheers, Indiana!

Complete first four data proficiency lessons from Indiana MPH

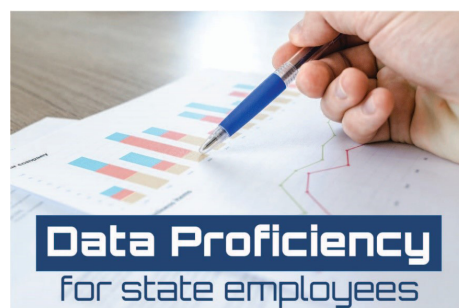


State employees have now received the first four lessons of the Data Proficiency Program via email from the Indiana Management Performance Hub. [Lesson four is now available on the MPH website](#) and covers the importance of data collection and how it can be used within and outside of state government.

The latest lesson is complete with another video session from the

Study Hall Data Literacy Series from YouTube.

Look for another lesson coming in mid-August, along with a chance to earn your first data proficiency badge by completing a quiz about the first five teachings. More details about earning and receiving

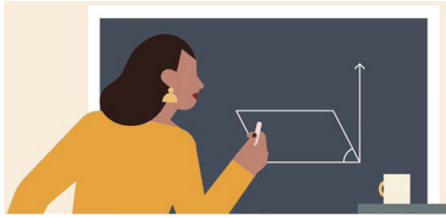


your badge will be available once lesson five is released! If you are not receiving the lessons when they are posted via your state email account, you can [subscribe to our mailing list](#).

We ask that you treat the lessons as any other state-issued training and take the time to review the material. You can learn more about the program and access all available lessons on the MPH website at www.in.gov/mph/data-proficiency-program.

LinkedIn Learning course of the month

Have you heard about “disruptive innovation”?



Whitney Johnson’s course, [Disrupting Yourself – Letting your strategy emerge](#), discusses this topic in detail. See the course description below.

“Disruptors” secure a foothold by coming up with ideas and innovations that eventually upend their entire community or industry. Disrupting yourself is the secret to breaking into a new field, never settling for less, and achieving more. In this course, author, Harvard Business Review blogger,

and consultant Whitney Johnson walks you through her seven-step model to disrupt yourself and move to the next level in your career. Discover how to take the right risks, play to your strengths, embrace constraints, and more in this short course.

Indiana State Personnel Department, Learning and Development Specialist Marie Parrish shares her key takeaways from the course:

- **Embracing constraints** – This briefly goes into not only embracing possible constraints but also creating constraints. It gives a great example on how placing certain, strategic limitations (constraints) led to the creation of Cat in the Hat by Dr. Seuss.

LinkedIn Learning

- **Battling entitlement** – This highlights the dangers of taking things for granted. The takeaway is to stay hungry and keep pushing for change and success! It also emphasizes knowing your own worth and being prepared to battle entitlement that may pose as an obstacle in your career.
- **Planning for failure** – This covers not being afraid to fail and to recognize that like it or not, you will fail at something at some point in your life. Whitney talks about embracing those failures, learning, and growing from them. To quote Whitney, “I dare to fail, I dare to disrupt...”

For more information about how to log in and get started with LinkedIn Learning visit, www.in.gov/spd/trainingopportunities/

The program described in this article is applicable only to state employees who work in agencies that use HR shared services provided by INSPD.



Indiana State
Personnel Department

Trips and tips: Visit the Historic Sites, and while you're there...

We still have plenty of summer left – lots of time to get in the car and take a day trip, an overnight jaunt or even get away for a weekend.

We think you should visit one or more of our 11 state historic sites – and take advantage of all that's available in their surrounding areas. To help you plan your trip, we put together this guide with recommendations from our site managers and others. We hope it provides some travel inspiration.

NORTH REGION

LIMBERLOST (Geneva)

HAVE A MEAL: You'll have a bit of a drive for upscale dining, but 50 minutes from Limberlost is [Tolon](#), a farm-to-table restaurant in Fort Wayne. There are plenty of family-friendly restaurants near Limberlost, including [Berne Dining](#) in Berne, the [Limberlost Diner](#) in Geneva and [Kuhn's Den Bar & Grill](#) in Geneva. [Back 40 Junction](#) in Decatur also comes highly recommended.

SPEND THE NIGHT: [The Schug House Inn](#) is a 1907 Queen Anne home in Berne that's been converted to a bed and breakfast (B&B). The 45-room [Clock Tower Inn](#), also in Berne, is run by the Muselman family – lifelong Berne residents.

ROUND OUT YOUR TRIP: Other attractions in the area worth visiting include [Ouabache State Park](#) in Bluffton – a great place for fishing; the [Museum of the Soldier](#) in Portland; the [Ceylon Covered Bridge](#) (the last covered bridge along the Wabash River); and the [Swiss Heritage Village and](#)

[Museum](#) in Berne. And while in Berne, don't miss the 160-foot-tall, multi-million-dollar replica of the Bern, Switzerland, [clock tower](#).

PLAY A ROUND: The nearest public golf course is [Wabash Valley Golf Club](#) in Geneva.

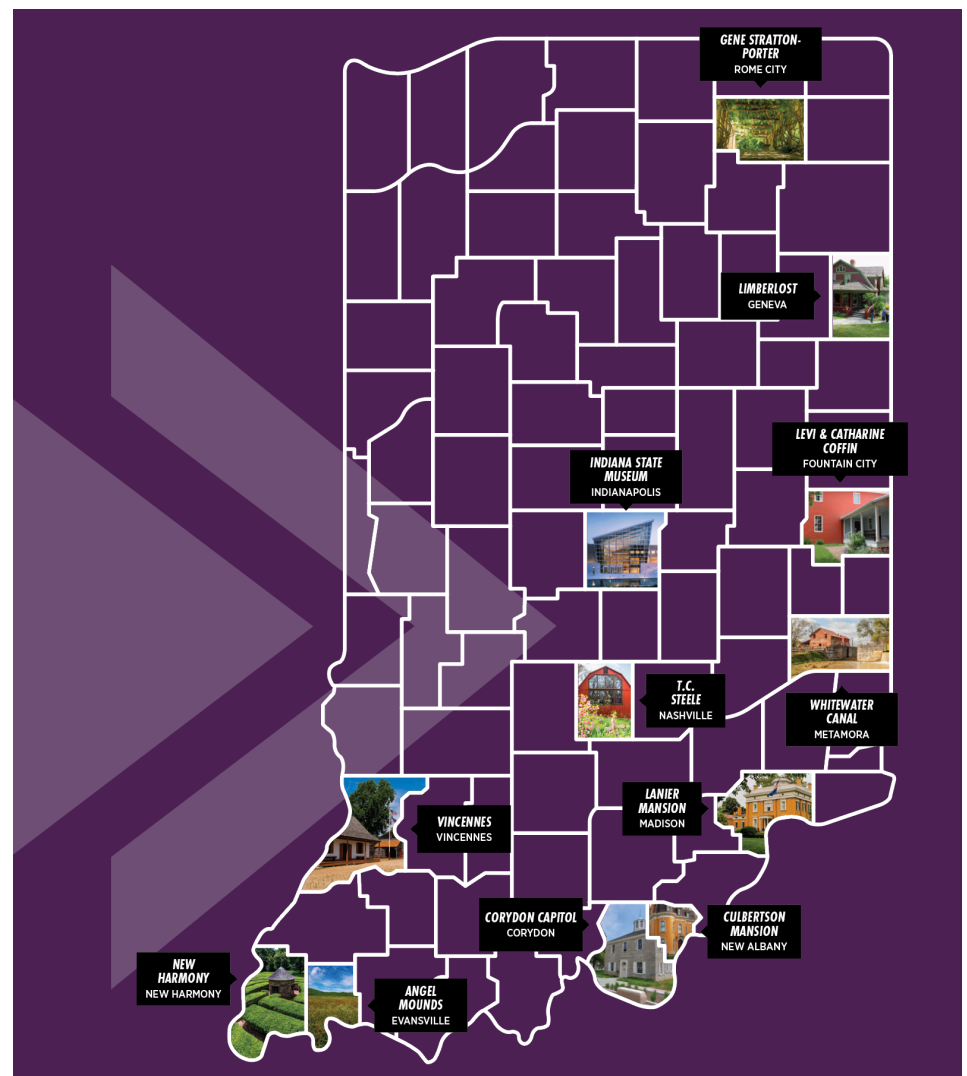
GENE STRATTON-PORTER (Rome City)

HAVE A MEAL: [Adams Lake Pub](#) in Wolcottville is noted for its steak, seafood and ribs. For family-friendly dining, try [Sylvan Shores Diner](#) in Rome City.

SPEND THE NIGHT: Check out the [Brick Ark Inn](#) in Albion, an 1880 home that underwent a major renovation in 2000.

ROUND OUT YOUR TRIP: The [Mid-America Windmill Museum](#) in Kendallville displays all windmills manufactured at Kendallville's Flint and Walling Company and now boasts 52. [Black Pine Animal Sanctuary](#) in Albion exists "to provide refuge to displaced, captive-raised exotic animals for the REST of their lives and to educate people about responsible animal care and conservation."

(continued on page 11)



Trips and tips: Visit the Historic Sites, and while you're there...

The [Auburn Cord Duesenberg Museum](#) in Auburn offers over 120 cars on exhibit on three levels and nine automotive themed galleries. And you're just a short drive from Shipshewana – Amish country.

PLAY A ROUND: Kendallville is home to two nice golf clubs, [Cobblestone Golf Course](#) and [Noble Hawk Golf Links](#).

CENTRAL REGION

LEVI AND CATHARINE COFFIN (Fountain City)

HAVE A MEAL: [Galo's Italian Grill](#) and [Old Richmond Inn](#), both 15 minutes away in Richmond, are recommended for fine dining. Good family fare can be found at [Little Sheba's](#) and [Firehouse BBQ and Blues](#) in the Richmond Depot District.

SPEND THE NIGHT: [Seldom Scene Meadow Bed and Breakfast's](#) upstairs guest rooms provide a front-row seat to birds and wildlife active in the surrounding woodland and native grass meadow habitats.

ROUND OUT YOUR TRIP: The [Wayne County Historical Museum](#) is home to a range of objects that includes an Egyptian mummy and cultural pieces from Europe, Japan, and the Middle East. [Thistlewaite Falls](#) is one of the best waterfalls in Indiana and is a place to search for fossils or to hike.

PLAY A ROUND: [Highland Lake Golf Course](#) has been a local favorite since 1972.

WHITEWATER (Metamora)

HAVE A MEAL: The [Hav-a-Bite Diner](#) in Metamora is open every day serving up comfort food. [Of the Earth Café](#) makes home-

cooked specialties like flatbread pizzas, sandwiches and bakery items. [El Reparo](#), nine miles away in Brookville, serves Mexican food, and [Ainsley's Cafe & Harbor Bar](#), which overlooks Brookville Lake in Liberty, is the place for steaks, burgers, pizza and more. At [The Sherman](#), about 15 miles away in Batesville, you have the choice of a biergarten, a restaurant with an American-German bistro menu, and a bar.

SPEND THE NIGHT: In addition to food, the aforementioned [Sherman](#) is a 168-year-old boutique hotel with 22 guest rooms. [The Metamora Inn](#) is a bed and breakfast in the heart of Metamora.

ROUND OUT YOUR TRIP: [Brookville Lake State Park](#), the area's biggest tourism spot, has more than 25 miles of hiking trails, boating opportunities, fishing, two beaches and more than 400 campsites. Take a ride on the [Whitewater Valley Railroad](#). Or visit nearby [Oldenburg](#), settled in 1817, a charming town with a German heritage.

PLAY A ROUND: [Brook Hill Golf Club](#) in Brookville and [Harbor Links](#) in Liberty are all open to the public.

T.C. STEELE (Nashville)

HAVE A MEAL: There are a slew of restaurants in proximity. The upscale ones – [C3](#), [FARMBloomington](#), [Uptown Café](#) and [Truffles Fine Cuisine & 56 Degrees Bar](#) – are all in Bloomington. The casual eateries – [Big Woods Pizza](#), [The Bird's Nest Café](#) and [Hob Nob Corner Restaurant](#) – are in Nashville.

SPEND THE NIGHT: [The Artists Colony Inn](#) in Nashville has 23 rooms and its own restaurant; the [Brown County Inn](#) is a 65,000-square-foot hotel, restaurant and bar.

ROUND OUT YOUR TRIP: Aside from the [shopping](#) in Brown County and fall foliage, you can continue the art theme of your trip by visiting the [Brown County Art Guild](#) and [Brown County Art Gallery](#).

PLAY A ROUND: [Salt Creek Golf Retreat](#) is a local favorite.

SOUTHEAST REGION

CULBERTSON MANSION (New Albany)

HAVE A MEAL: [Brooklyn and the Butcher](#) calls itself a "modern steakhouse." [Seeds and Greens](#) calls itself a "natural market and deli" that serves sandwiches, salads and smoothies.

SPEND THE NIGHT: [The Pepin Mansion](#) bed and breakfast in New Albany was built in 1851 and restored in 2013. Just over the bridge in Louisville is [The Bed and Bike](#) B&B, which provides complimentary bikes during your stay.

ROUND OUT YOUR TRIP: Take a walk across the [Big Four Bridge](#), which crosses the Ohio River connecting Waterfront Park to Jeffersonville, and take a tour of the [Falls of the Ohio State Park](#) to see its 390-million-year-old fossil beds.

PLAY A ROUND: [Cherry Valley Golf Course](#) is a nine-hole course in New Albany built in 1932.

To continue reading the state historic site guide, [click here](#).

Enjoy exclusive savings on blue light filtering lenses and lens options



During the day, natural blue light helps our bodies remain attentive and in good spirits by suppressing the secretion of melatonin. But at night our melatonin levels rise and prepare us for sleep. With increased exposure to artificial lighting and digital screens, artificial blue light may disrupt our natural sleep patterns.

We know that blue light is part of your everyday life. That's why we're offering special, exclusive savings on blue light filtering technology options in your next pair of prescription glasses:

Free blue light lens option or equivalent value toward light management with a complete pair purchase at LensCrafters, Target Optical, and Pearle Vision.*



To redeem your offer, check to make sure your selected provider is in-network and then simply present this flyer to a store associate.

PDF-2103-R-259

Did you know?

The average person spends 7.4 hours per day using digital devices¹

*Free Blue Light Filter lens upgrade with the purchase of a complete pair (frame and anti-reflective lenses) when using vision insurance benefits. Free Blue Light Filter offer includes blue light filter upgrade at no charge (valued up to \$40 off for Blue IQ™ Clear at LensCrafters®, Clear Blue at Pearle VisionSM and IntelliBlue at Target Optical®, savings vary by brand) or offer value applied to any light management lens solution including other blue light filter lenses, Transitions®, or sun lenses. Offer valid at LensCrafters®, Target Optical®, or participating U.S. Pearle VisionSM locations; complete pair (frame and anti-reflective lenses) purchase required. Valid prescription required for prescription lenses. Offers are not combinable with other offers or discounts, readers, non-prescription sunglasses, or previous purchases. Select brands including Varilux® lenses, Cartier®, Lindberg®, and Maui Jim® Frames and Authentic lenses excluded; additionally, Costa Del Mar is excluded at Pearle VisionSM. Offer valid for single use in United States and Puerto Rico store locations only; offer not valid online. Discounts off tag price. Plan coverage may vary. Offer value applied to lenses after vision insurance benefits applied. No cash value. Void where prohibited. Additional restrictions may apply. See associate for additional details. Offer expires 12/31/2021.

Blue Light Filter LensCrafters® manual deal 757768, Pearle VisionSM discount code 757767, and Target Optical® manual deal 757769.

Note: light management includes Blue light filtering lenses, transitions/photochromic and sun lenses. Check with your provider location for specific details.

¹American Time Use Survey Summary, Bureau of Labor Statistics. United States Department of Labor. June 24, 2016. <http://www.bls.gov/news.release/atus.nr0.htm>