



# TEHAMA COUNTY VISION RESOURCES



## PARTNERSHIP HEALTHPLAN'S VISION SERVICES

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### Vision Service Plan (VSP)

“You can get one routine eye exam and glasses every 24 months. Check the provider directory for a list of vision providers or contact VSP.”

**Contact:** (800) 877-7195

**Website:** <https://www.vsp.com/>

Last Verified On: 09/11/2025

## VISUAL IMPAIRMENT RESOURCES

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### Free Slate and Stylus Program

“The National Federation of the Blind will distribute a plastic, four-line, twenty-eight cell slate along with a saddle stylus to those that need them. That includes those that are blind and low vision who know Braille or want to learn Braille.”

**Contact:** (410) 659-9314

**Website:** <https://www.nfb.org/programs-services/free-slate-and-stylus-program>

Last Verified On: 09/11/2025

### Free White Cane Program

**National Federation of the Blind**

**Contact:** (410) 659-9314

**Website:** <https://www.nfb.org/programs-services/free-white-cane-program>

Last Verified On: 09/03/2025

## FREE AND LOW-COST EYE EXAMS

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### EyeCare America

“EyeCare America is a public service program of the American Academy of Ophthalmology. Its goal is to provide uninsured and underinsured individuals 65 years and older with access to medical eye exams. It does this by matching patients with a volunteer ophthalmologist in their area.”

**Contact:** (877) 877-6327

**Website:** [www.eyecareamerica.org](http://www.eyecareamerica.org)

Last Verified On: 09/03/2025

### District 4- C1 Lions Vision Program

“Vision Screenings and glasses for our youth and at-risk populations.”

**Contact:** (530) 722-0715

**Website:**

<https://www.enterpriselionsclubbredding.org/eye-glass-program>

Last verified on: 09/03/2025

