

DIABETES

Diabetic Eye Exam



Did you know that diabetic eye disease can lead to blindness if not treated early? Did you know that all people with diabetes need to have a yearly eye exam? Here's what you should know.

WHAT IS DIABETIC EYE DISEASE?

- It is also known as diabetic retinopathy.
- It happens when your blood sugars are poorly controlled.
- High blood sugar damages the small vessels in your eyes.
- There are usually no signs or symptoms in its early stages.
- You may notice pain in your eyes or changes in your vision.

WHAT IS A DIABETIC EYE EXAM?

- It can be treated with a laser if caught early.
- It is also known as a dilated retinal exam or DRE.
- It should be done at least once a year by an eye doctor (an optometrist or ophthalmologist).
- It should include eye drops that allow the doctor to see into your eyes better.

HERE'S WHAT YOU CAN DO:

- Go for your yearly diabetic eye exam. No referral is needed as long as your eye doctor is a Unison provider. Ask your doctor or call member services to find out.

- Keep track of the dates of your diabetic eye exams.
- Know your exam results and ask questions.
- Keep your blood sugars under control.

Remember: Diabetic eye disease must be found early or it can lead to vision loss or blindness!

GET YOUR DIABETIC EYE EXAM EVERY YEAR!

Call Member Services at 1.877.877.8159 to find an eye care provider in your area.



FOR MORE INFORMATION about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance