

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 to find a eye care provider in your area.



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