

## 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.

- 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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711).

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ ភាសាស្រីលាវ និងភាសាជប៉ុន។ ប្រសិនបើអ្នកមានបញ្ហាខ្លះៗ ក្នុងការស្តាប់ ឬមានបញ្ហាផ្សេងៗទៀត តាមរយៈការទូរស័ព្ទទូទៅ ខាងសេវាសមាជិក យើងស្វែងរកជំនួយរបស់យើង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).