

DIABETES AND YOUR EYE HEALTH



Your eye doctor is a key part of your healthcare team, especially if you have diabetes or prediabetes. A VSP® WellVision Exam® from a VSP network doctor may help detect early signs of serious eye and health conditions.



A Visionary Partner of



Visit your eye doctor right away if you:

- See little black lines or spots that don't go away.
- Experience any red spots or fog.
- Have a sudden change in how clearly you see.



Know the common eye diseases among people with diabetes:

- **Diabetic retinopathy** can cause blindness if not treated, so it's important to have your eyes checked yearly.
- **Cataracts** are more common in people with diabetes.
- **Glaucoma** can lead to vision loss or blindness if left untreated.



Healthy eyes to-do list:

- **Schedule** a VSP WellVision Exam with your eye doctor and discuss your overall health and any medications you're taking.
- **Talk** to your eye doctor about receiving a retinal screening. They can take photos of the inside of your eyes to help assess any changes over time.
- **Ask** for advice about the best ways to keep your eyes healthy, and request that all test results are sent to your other doctors.
- **Manage** your diabetes and work with your diabetes care team to reach your blood sugar targets.



DIABETES
90% of blindness
caused by diabetes
is preventable*

Visit [vsp.com](https://www.vsp.com) or call 800.877.7195
to find an eye doctor and schedule an exam today!

*CDC, 2021
VSP is a Visionary Partner of the American Diabetes Association® Focus on Diabetes initiative™.