

# Diabetes and Your Eye Health



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



## 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.
- Take longer than usual to adjust to darkness.



## Common eye diseases among people with diabetes:

- Diabetic retinopathy can cause blindness if not treated.
- 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 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.

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## Diabetes

The good news is, 90% of blindness caused by diabetes is preventable through early detection and managing your diabetes.\*

Visit [vsp.com/eye-doctor](https://vsp.com/eye-doctor) or call **800.877.7195**.