

# Diabetes and Your Eye Health



Your eye doctor is a key part of your healthcare team, especially if you are living with 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.
- Have trouble seeing colors.
- Take longer than usual to adjust to darkness.<sup>1</sup>



## 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.<sup>1</sup>



## Healthy eyes to-do list:

- Schedule a WellVision Exam.
- 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 your eye doctor for advice about the best ways to keep your eyes healthy, and request that all test results are sent to your other healthcare providers.
- 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.<sup>2</sup>

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

1. Diabetes and Vision Loss, CDC, September 2023.

2. How to Promote Eye Health for People With Diabetes, CDC, September 2023.

VSP is a Visionary Partner of the American Diabetes Association Focus on Diabetes initiative.

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