

HEALTH TIPS

Make Health Happen

Diabetes Eye Care

IF YOU HAVE DIABETES, HAVE YOU HAD A DILATED EYE EXAM THIS YEAR? LEARN HOW THIS SIMPLE TEST CAN HELP SAVE YOUR SIGHT.

Imagine what life would be like if you couldn't see. If you could help protect your eyesight just by going for an eye exam each year, would you go?

Yes No

Protecting yourself from diabetic retinopathy is that simple.

What is diabetic retinopathy?

Diabetic retinopathy is a disease of the eye that can lead to severe vision loss and blindness. Anyone who has diabetes is at risk for diabetic retinopathy. Diabetic retinopathy is caused by high blood sugar. While you cannot prevent the disease entirely, you can take steps to reduce your risk of vision loss.

When should you see an eye doctor?

At the early stages of retinopathy, there are no symptoms or pain. Going to an eye doctor for a special eye exam each year is the only way to know if you have retinopathy. This test is called a dilated eye exam. It is quick and painless.

If you have diabetes and have not had a dilated eye exam this year, call your eye doctor today!

You should call your eye doctor right away if you:

- Find it hard to read.
- Have blurred vision or see flashes of light.
- See floating dark spots that come and go.
- Have severe vision loss or blindness.
- Feel pressure in your eyes.
- Find your eyes get red and stay that way.

What can you do?

For the best protection against diabetic retinopathy, follow these healthy tips:

- Go for a dilated eye exam once a year.
- See your doctor for regular checkups.
- Keep your blood sugar under control.
- Keep your blood pressure under control.
- Stay active and eat healthy.
- Avoid smoking.

Diabetic retinopathy can be treated if found early.



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Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

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For more information, visit the American Diabetes Association online at diabetes.org or call **1-800-DIABETES**.

UniCare members can call the Customer Care Center toll free at **1-800-782-0095 (TTY 1-866-378-1634)** for help with:

- Finding an eye doctor.
- Making an appointment.
- Getting transportation.
- Getting answers to questions about their benefits.

Source:

American Diabetes Association website: Eyecare (accessed December 5, 2013): diabetes.org.

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