

# Schedule your yearly diabetic eye exam.

## Did you know?

Having diabetes puts you at higher risk for developing a serious eye condition that can damage your vision or lead to blindness.

Most people experience no symptoms early on – which means you could have a serious diabetic eye disease and not even know it.

## What is a diabetic eye exam?

During this exam, your eye doctor will look at the tiny structures, nerves, and small blood vessels in your retina or the back of your eye.

If there are any warning signs, you and your eye doctor can begin building a plan to manage or prevent diabetes-related conditions.



**Call your doctor today to schedule your yearly diabetic eye exam.**

**Put this card somewhere visible so you don't forget your appointment on:**

Date and time: \_\_\_\_\_



**HIGHMARK** 

Because Life.™

---

For more information on diabetic retinopathy, please visit [cdc.gov/visionhealth/pdf/factsheet.pdf](https://www.cdc.gov/visionhealth/pdf/factsheet.pdf) to manage or prevent diabetes-related conditions.

A diabetic eye exam is typically covered under your medical insurance. Please contact Member Service by calling the number on the back of your insurance card for more information about your benefits.

---



Because Life.™

This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield. All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Pennsylvania, Delaware, West Virginia, and New York: 1-833-521-1424 (TTY: 711)**

ATENCIÓN: Si habla español, tiene servicios de asistencia lingüística sin cargo. Llame al número correspondiente a su estado de residencia.

注意：如果您说中文，您可获得免费的语言援助服务。请拨打您所在州相应的电话号码。