

Diabetes and Your Eyesight

**Diabetes can lead to blindness in adults.
Protect your eyesight.**

If you have diabetes, getting your vision checked is not enough.

Get a **comprehensive dilated eye exam** at least once a year. A comprehensive dilated eye exam closely checks each eye for signs of vision problems or eye disease. This can help prevent and find vision loss or eye disease.

At your eye appointment, remember to:

- Bring your referral
- Ask the eye specialist to send your results to your Primary Care Provider

If you need help scheduling an exam, talk to your diabetes team.

Protect your eyesight. Don't wait until it's too late.

My Next Exam Date: _____

Location: _____

Phone Number: _____

