

# DIABETES & EYE CARE



## WHAT KIND OF EYE EXAM DO I NEED?

The eye doctor will put drops in your eyes to see the retina. This is called a dilated eye exam. The eye drops will make the pupils or black part of your eyes bigger. Then your doctor can see the back of your eye and find any eye problems early.



## WHY SHOULD I GET A DILATED EYE EXAM?

Over time, high blood sugar can damage the tiny vessels that supply blood to the eyes. You can have eye damage even if your vision is fine. It has nothing to do with needing glasses.



## HOW OFTEN SHOULD I GET A DILATED EYE EXAM?

You should get a dilated eye exam annually or as recommended by your eye doctor. Getting regular eye exams will help find any problems early, and prevent blindness.

**TAKE TIME TO UNDERSTAND WHAT STEPS  
YOU CAN TAKE TO PROTECT YOUR EYES  
FROM DIABETES-RELATED PROBLEMS.**

**HAVE ANY QUESTIONS?**

**CONTACT THE TRIA HEALTH HELP DESK 1.888.799.8742**