

# Diabetic Eye Exams

Why you should have one and insurance tips



## We asked, you answered!

Through a recent patient survey, we learned you may have questions about diabetic eye exams and what coverage may be available through your insurance.

	EXPLANATION	HELPFUL INFORMATION
<b>Why have a Diabetic Eye Exam?</b>	Diabetes can cause irreversible damage to the blood vessels in your eyes, which can cause blurry vision, chronic pain, and blindness. Damage may develop even before you experience symptoms.	Have a diabetic eye exam at least every other year to find and treat potential damage to your eyes as soon as possible.
<b>How is a Diabetic Eye Exam Performed?</b>	A diabetic eye exam examines the blood vessels in your eyes to look for “retinopathy.” Your provider will either dilate your eyes or take photos of the back of your eye with a special camera.	Tell your eye care provider if you have diabetes to ensure you receive a diabetic eye exam and not just a routine vision screening.
<b>What types of insurance plans cover Diabetic Eye Exams?</b>	Even if you do not have coverage for glasses or contacts, <b>medical insurance</b> plans often cover a diabetic eye exam as a diagnostic service. Contact your insurance provider to confirm coverage.	Use your medical insurance card and ensure your provider includes your diabetes diagnosis when billing insurance. If you have a separate vision benefit card, also give this to your provider.
<b>Where to have a Diabetic Eye Exam?</b>	Vision care centers, optometrists and ophthalmology offices can perform a diabetic eye exam. If diagnosed with retinopathy, optometrists will often refer patients to an ophthalmologist for treatment.	Eye care provider offices will help ensure you stay on track with your visits and are experienced in billing both medical insurance and vision benefit plans.

**Always ask your eye care provider to send your exam results to your primary care provider.**

For more information and resources on managing your diabetes, visit [crouse.org/diabetes](https://crouse.org/diabetes).