

High Blood Sugar?



Take Care of Your **Eyes!**

Did you know?

Diabetes is the leading cause of new cases of blindness in adults. It can damage the tiny vessels that supply blood to the retina. This is called retinopathy. Blood or other fluids may leak into your eye, causing you to see things floating in your sight. You could even have sudden vision loss.

4 Steps for Eye Health

1. Keep your blood glucose as close to normal as you can.
2. Keep your blood pressure in your target range to prevent blood vessel damage.
3. Tell your doctor if you have any vision changes.
4. Have a dilated eye exam by an ophthalmologist or optometrist every year. Vision loss can be prevented, and eye problems can be treated if caught early.

Find an in-network vision care provider at **QualChoice.com** under **Provider Search**. To learn more about our *Diabetes Management Program*, call Customer Service at **800.235.7111**. Ask to speak to a care manager.

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HEALTH INSURANCE

Manage Your Blood Sugar

Protect Your Eyes



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