



# Diabetic Eye Exams

## Diabetic eye exams and your health plan coverage

When you have diabetes, it's important to get your eyes checked regularly by an optometrist or ophthalmologist. People with diabetes are more likely to have eye problems, like cataracts, diabetic retinopathy, and glaucoma. The good news is that early detection and treatment can help<sup>1</sup>.

## Your health plan covers diabetic eye exams

For someone living with diabetes, it's recommended that you get a comprehensive diabetic eye exam at least once a year.

When you schedule your appointment and go to see your eye doctor, make sure you tell them that you have diabetes.

Here's an overview of the health plan benefits that Blue Cross Blue Shield of Massachusetts offers:

- + We cover one diabetic eye exam per calendar year<sup>2</sup>. This coverage is part of your medical benefits.
- + You don't need a referral.
- + You might pay a copayment, but this varies based on your plan.

**Note:** You may also have benefits for a routine eye exam once every 24 months, based on your plan. Check your health plan materials to see your vision plan benefits. This is separate from your coverage for your diabetic eye exam since it's part of your vision plan benefits.

Visit [ahealthyme.com](https://ahealthyme.com) to learn more about diabetes and your eye care.

## Questions about your health plan benefits?

Call Member Service at the number on your Blue Cross ID card.

## 7 things you can do to stay healthy

-  Get a comprehensive dilated eye exam
-  Follow up regularly with your primary care doctor to make sure you get recommended diabetic care and screenings
-  Take your medications as directed
-  Reach and maintain a healthy weight
-  Make physical activity a part of your daily routine
-  Control your blood sugar, blood pressure, and cholesterol
-  Don't smoke

1. Source: National Eye Institute: Facts about Diabetic Eye Disease. Available at <https://nei.nih.gov/health/diabetic/retinopathy>.

2. If you go in for your diabetic eye or routine eye exam and your doctor needs you to come in for other visits to treat an eye condition, you would be covered according to your plan benefits.