
Protect your eyes from diabetes

Did you know:

Having diabetes puts you at higher risk for developing a serious eye condition that can damage your vision or lead to blindness.

Most people experience no symptoms early on — which means you could have a serious diabetic eye disease and not even know it.

What is a diabetic eye exam?

During this exam, your eye doctor will look at the tiny structures, nerves, and small blood vessels in your retina or the back of your eye. If there are any warning signs, you and your eye doctor can begin building a plan to manage or prevent diabetes-related conditions.





Don't forget to schedule your yearly diabetic eye exam.



HMDDES
120 Fifth Avenue
Pittsburgh, PA 15222

Call your eye doctor today to make an appointment.

Date/Time

For more information on diabetic retinopathy, please visit [cdc.gov/visionhealth/pdf/factsheet.pdf](https://www.cdc.gov/visionhealth/pdf/factsheet.pdf) to manage or prevent diabetes-related conditions.

A diabetic eye exam is typically covered under your medical insurance. Please contact Member Service by calling the number on the back of your insurance card for more information about your benefits.

Health benefits or health benefit administration may be provided by or through Highmark Blue Shield, Highmark Benefits Group, Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company, all of which are independent licensees of the Blue Cross Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted.

Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码（TTY：711）。