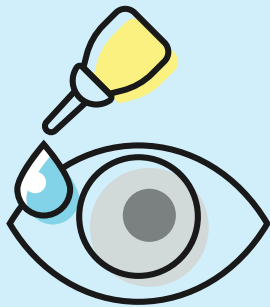


What is a Diabetic Retinal Eye Exam?

This is a painless eye exam. Your provider will put drops in your eyes and look at the part of your eye called the retina.

- Most people with diabetes need to have their eyes examined every year.
- Some people may need exams more often.



This exam can help detect diabetic retinopathy, the most common eye disease for people with diabetes. Diabetic retinopathy can lead to vision loss.



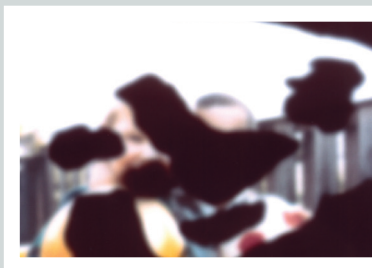
The **good news** is that you can prevent vision loss due to diabetic retinopathy by controlling your blood sugar and getting your eyes checked regularly.

Why is this exam important?

There are often no warning signs in the early stages of diabetic eye disease. There is no pain and vision may not change until the disease becomes severe. An eye exam may be the only way to find out.



Normal Vision



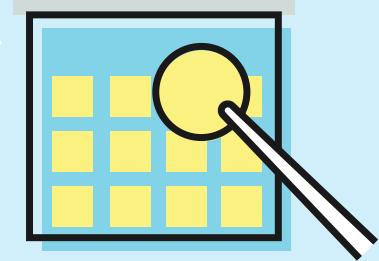
Diabetic Retinopathy

Photos Courtesy: National Eye Institute, National Institutes of Health (NEI/NIH).

What I should consider doing:

Schedule Your Eye Exam

Schedule regular appointments with both your eye doctor and your healthcare provider.



Ask Your Healthcare Provider

At your healthcare appointments, ask:

- How often should I have my eyes examined?
- What can I do to keep my eyes healthy?
- What can I do to keep my blood sugar under control?



My Targets & Goals

To help you keep your diabetes under control, fill out the information below and share it with your healthcare provider.

My current A1c level is:

My goal for my A1c level is:

- Have an A1c of less than 7%
- Have an A1c between 7 to 7.5%
- Have an A1c between 7.5% to 8%
- Other: Have an A1c between ____% to ____%
- I need to talk with my provider about what my A1c should be and I plan to do this on: __/__/__

My goal for how often I will get A1c testing is:

- Get an A1c test every 4 months
- Get an A1c test every 6 months
- I will talk with my provider about how often I should get my A1c tested and I plan to do this on: __/__/__

What is important to me? (check all that apply)

- Being able to take care of my family
- Being able to start a family
- Being able to see clearly
- Helping my children grow up healthy
- Feeling my best
- Protecting myself from high & low blood sugars
- Being able to do the things I like despite my diabetes

Other things that are important to me:

Diabetes affects all parts of my life and my ability to do the things that are important to me!

I will take care of my diabetes by doing these things:	I will begin this on:
Make an appointment to talk with my doctor about how I can take care of my diabetes	__/__/__
Get the most out of my provider visit. I will write down at least 2 questions and bring my blood sugar meter to my appointment	__/__/__
Test my blood sugar and write down my readings	__/__/__
Take my medications at the right time every day	__/__/__
Make and keep my appointments to get my eyes examined at least once every year	__/__/__
Go to the lab, or my provider's office, for my A1c test, in order to meet my goal for how often I will get A1c testing	__/__/__
Improve my food choices by using a plate method for each of my meals	__/__/__
Ask my Care Manager to help me find ways to improve my food choices	__/__/__
Talk to my Care Manager about how I can make taking care of my diabetes easier	__/__/__
Other things that I would like to work on:	
	__/__/__
	__/__/__
	__/__/__