

Protect Your Vision: Schedule Your Dilated Retinal Eye Exam

Diabetes can damage your eyes slowly, often without symptoms. A yearly dilated retinal exam helps detect problems early and protects your vision.



What to do now:

- To schedule your exam, call the member services number on the back of your insurance card to find an in-network eye doctor. Or use a referral from our office.
- Tell the eye doctor that you have diabetes when you make your appointment.
- Bring this handout to your visit and ask the eye doctor to fill it out and return it to us.

What to know about your exam:

- A retinal exam is not an eyeglass or vision-prescription exam.
- The exam must be performed by an eye care specialist—an ophthalmologist or an optometrist.
- Your eyes will be dilated with drops so the doctor can examine the retina (the back of the eye) for signs of damage.
- The exam may show changes to the nerves or blood vessels caused by diabetes; if so, your doctor will discuss treatment options.
- Most insurance plans cover the dilated retinal exam for patients with diabetes when the eye doctor participates in your health plan.

Patient Full Name: _____ Date of Birth: ____/____/____

Dear Doctor: Please perform a diabetic retinal eye exam and send this completed form to the patient's endocrinologist at District Endocrine via fax (703-214-9773). Please also provide the patient with a copy of the completed report.

EXAM FINDINGS

Dilated fundus exam performed: ____/____/____

Diagnosis	OD	OS	Plan:
No diabetic retinopathy			<ul style="list-style-type: none"> • Monitor • Additional testing/ treatment recommendations:
Non-proliferative Diabetic Retinopathy Mild Moderate Severe			
Proliferative Diabetic Retinopathy			Follow up: _____ Months
Clinically Significant Macular Edema			Additional comments:
Doctor's Signature: _____			