

How are your eyes linked to serious health conditions?³

Clear vision isn't the only benefit of getting an annual eye exam. A comprehensive eye exam can reveal early warning signs of many systemic and chronic conditions, including:

- Diabetes
- Heart disease
- High blood pressure
- Certain autoimmune diseases
- Lyme disease
- Brain tumor
- Cancers of blood, tissue or skin

If your eye doctor notices signs of any medical conditions during your eye exam, be sure to follow-up with your primary care provider. Your eye health is a powerful part of your total well-being, and we're glad you're here.



How is a diabetic eye exam different from a standard eye exam?

Diabetes is the leading cause of blindness in working-age American adults, driven by a serious eye condition called diabetic retinopathy.¹ Many cases of diabetic retinopathy are first detected during an eye exam that finds blocked, swollen or burst blood vessels.²

If you have diabetes, annual diabetic eye exams are essential for protecting your vision. These exams are specialized, comprehensive evaluations focused on detecting diabetic retinopathy and diabetic macular edema as early as possible (ideally before symptoms appear).

A diabetic eye exam typically includes:

- Pupil dilation
- High-resolution retinal imaging
- Detailed assessments of the retina, blood vessels and optic nerve

Early detection of diabetic retinopathy allows for timely treatment, which is critical in preventing vision loss and maintaining long-term eye health.

Are you an EyeMed member? If so, there's so much more for you to see.

Login to your account at eyemed.com/member to view your plan coverage. Then, use our cost estimator tool to get an idea of what you might pay for vision care and services when you use your benefit.

Don't forget to schedule your annual eye exam and chat with your eye doctor about your specific vision needs.



1. "Vision Loss and Diabetes"; The Centers for Disease Control; cdc.gov; May 15, 2024.

2. "Diabetic Retinopathy"; National Eye Institute; nei.nih.gov; September 11, 2025.

3. Mukamal, R.; "20 Surprising Health Problems an Eye Exam Can Catch"; American Academy of Ophthalmology; aao.org; April 17, 2025.