



5 SIMPLE STEPS

FOR EYE HEALTH WITH DIABETES

Diabetes is the leading cause of preventable vision loss in people 18–64 years old.

Here are **5 simple actions** you can take to prevent or delay eye disease.

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1 Schedule and attend your yearly dilated and comprehensive eye exam
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2 Work with your primary care provider to manage blood glucose (blood sugar) management
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3 If you smoke, ask for help on how to stop
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4 Work with your primary care provider to manage your blood pressure
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5 Talk with your health care team about ways to increase healthy lifestyle habits

Visit our webpage and take the **Eye Pledge** ←



diabetes.org/Eye-Health-Equity





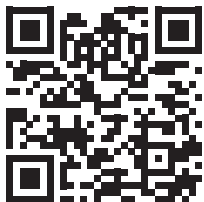
DIABETES & EYE HEALTH RESOURCES



Community Connections:

Search for diabetes resources in your ZIP code, like medical care, mental health care, nutrition education, and so much more.

diabetes.findhelp.com



Type 2 Risk Test:

One in five adults with diabetes don't know they have it. Take this 60-second test today to learn if you are at risk.

diabetes.org/RiskTest



Diabetes-Related Retinopathy Risk Test:

If you have been diagnosed with diabetes, check your risk for diabetes-related eye disease, such as diabetes-related retinopathy.

diabetes.org/retinopathy-risk-test



Diabetes Food Hub®:

Your hub for thousands of diabetes-friendly recipes and healthy eating articles to help your daily diabetes care.

diabetesfoodhub.org



Healthy Living e-newsletter:

Sign up to receive monthly information on topics that help people living with diabetes and their families thrive.

diabetes.org/health-wellness/newsletter-signup

