

ROCKY MOUNTAIN HEALTH PLANS CARES ABOUT YOUR HEALTH

- › Rocky Mountain Health Plans cares about your health. One of the goals for our diabetic Members is to keep you well informed about the disease as it relates to your vision health.



DETECTION IS YOUR BEST PROTECTION

DILATED EYE EXAMS

Dilated eye exams are an important aspect of diabetes care. It is recommended a dilated eye exam be completed once a year. Early detection and treatment can lower long term visual complications and damage from conditions like diabetic retinopathy, which is an irreversible eye disease, or even blindness.



According to our claims information, it appears you have not had your annual eye exam yet this year. This service is a covered benefit for diabetics under your insurance plan, and we encourage you to arrange an appointment with an optometrist or ophthalmologist as soon as possible.



When you receive eye care, make sure you talk to your primary care doctor about the results. This will allow your doctor to have a complete record of your care, which is very important to your overall treatment.

In addition to a dilated eye exam, the success of your overall diabetic care depends upon other important tests which need to be done on a regular basis as well. Ask your doctor if the following tests have been done and what the findings were:

- › **A1C:** a measure of average glucose (sugar) level over the past 2 to 3 months. Goal is 7.0 or less
- › **Kidney Function (Microalbumin):** test to help signal early kidney problems.
- › **LDL Cholesterol:** a test to measure cholesterol. Goal is an LDL less than 100.
- › **Blood Pressure:** should be checked every office visit. Goal for diabetic patients is less than 130/80.
- › **Foot Exam:** an important part of every office visit. Remove your shoes/socks during appointments.

IF YOU WOULD LIKE HELP IN FINDING A CONTRACTED PROVIDER AVAILABLE IN YOUR AREA, OR HAVE QUESTIONS ABOUT YOUR BENEFIT PLEASE CALL ROCKY MOUNTAIN HEALTH PLANS CUSTOMER SERVICE AT 800-346-4643.