



KeepSight

is a national diabetes eye check reminder program that makes it easier to take care of your eye health. It's delivered by Diabetes Australia.

LOOK AFTER YOUR
EYES
LOOK AFTER YOUR
MOB

Having your eyes checked now helps you prevent problems later

Sign up today for diabetes eye check reminders at keepsight.org.au



LOOK AFTER YOU, LOOK AFTER YOUR MOB

Good news – you can prevent it

If you get your eyes checked now and keep checking them regularly, most vision loss from diabetes can be prevented, even if you don't have symptoms right now. The earlier the treatment, the better.



Diabetes and eye health

People with diabetes have an increased risk of eye problems caused by diabetic eye disease. It can lead to poor vision and blindness.

Getting an eye check

Getting a diabetes eye check is easy. You can talk to your GP, or book directly with an optometrist.



Let KeepSight remind you

KeepSight can remind you when you are due for your diabetes eye checks.

It's easy to sign up and it's free!

Sign up today at keepsight.org.au.



Normal
vision

**Diabetic
retinopathy**
(eye disease
caused by
diabetes)



Signs and symptoms

You may notice blurry vision, or you might see spots floating around when you are looking at things. You might be sensitive to bright light, or you may see dark patches. Or, you might not notice any changes at all.



Ask your doctor about a free
diabetes eye check

