

What does a diabetes eye check involve?

Getting a diabetes eye check is easy.

You don't need a referral from your GP – you can book an appointment directly with an optometrist.

When you do, be sure to tell them you have diabetes and that you would like your eye check recorded with the KeepSight program.

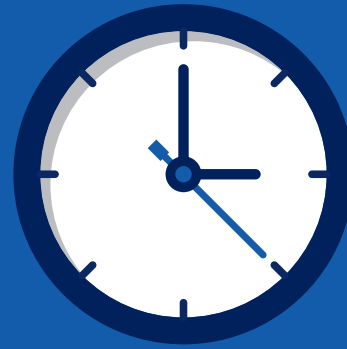
A diabetes eye health check looks for early signs of diabetes-related changes in your eyes, such as changes to the blood vessels at the back of your eyes.

Your eye care provider will take a photo of the back of each eye. They will examine the photo to check for any damage caused by diabetes or any other cause.



The check only takes about 30 minutes and can usually be bulk billed.*

*Check with your eye care provider when making your appointment.



Living with diabetes?

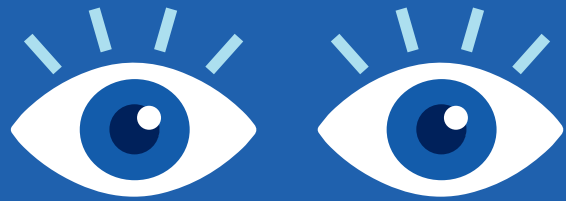
It only takes a minute to sign up for regular diabetes eye check reminders with KeepSight.

Sign up today at keepsight.org.au or scan the QR code!



KeepSight.
It's a handy reminder.





Why are diabetes eye checks important?

Regular eye health checks are important for people with diabetes because often there are no signs or symptoms of problems developing. In fact, changes in vision may be so gradual that you may not notice them for some time.

The good news is that most vision loss from diabetes can be prevented with regular eye checks and early treatment. The earlier the treatment, the better the result.

About KeepSight

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

We are encouraging the 1.5 million Australians living with diabetes to register with KeepSight. It will provide a helpful nudge, reminding you to make an appointment for a diabetes eye check with an eye care professional of your choice.

**For more information call 1800 533 774
or e-mail support@keepsight.org.au**

Symptoms of eye complications

Diabetes can cause a range of eye problems, the most common of which is Diabetic Retinopathy (DR), in which the tiny blood vessels in the back of the eye are damaged.

DR and other diabetes-related eye complications often have no signs or symptoms and there may be no obvious deterioration in vision until the condition is quite advanced.

Where signs and symptoms are present, they can include:

- Floaters and flashes
- Blurry, blocked or dim vision
- Poor night vision
- Halos around lights or sparkles
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Distortion or holes in vision
- Frequent changes in eyeglass prescriptions

How to register

There are two easy ways to register with KeepSight.

1 Visit keepsight.org.au

Click 'Sign Up for KeepSight', then follow the prompts to complete the form.

OR

2 Book an appointment with an eye care provider

If you haven't had your eyes checked in a while*, make an appointment for a diabetes eye check with your preferred eye care provider and ask them to register you with KeepSight. If you don't have a regular provider, you can find one at keepsight.org.au/provider_search

*Diabetes eye checks are recommended every two years, or one year for Aboriginal and Torres Strait Islander peoples, or as recommended by your eye care provider.

