If you have type 1 diabetes, you can get both your routine eyecare and follow-up diabetic eyecare services from your VSP® doctor—the one who knows your eyes best.

People with diabetes often aren’t aware they have diabetic eye disease. That’s because in the early stages of the disease, few symptoms may appear until after damage has already occurred. An annual eye exam from a VSP doctor can help prevent most diabetes-related blindness.

VSP doctors take the time to get to know you and your eyes. They can detect changes in your eye health from year to year. Your VSP doctor can consult and coordinate with your primary care physician to ensure you’re getting the best care—keeping you and your eyes healthy.

It’s easy to use.

You never need a referral and you pay only a copay for the diabetes-related eyecare services.

- **Find the right VSP doctor for you.** You’ll find plenty to choose from at [vsp.com](http://vsp.com) or by calling 800.877.7195.

- **Already have a VSP doctor?** At your appointment, tell them you have VSP.

That’s it! Your VSP doctor will handle the rest.

Visit the Diabetes Discovery Center at [vsp.com/ada](http://vsp.com/ada) for your diabetes needs, including nutrition and recipes, fitness tips, kids’ information, and more.

Contact us. [vsp.com](http://vsp.com) l 800.877.7195

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