The American Diabetes Association (ADA) and the American Academy of Ophthalmology (AAO) both recommend routine ophthalmology screening for patients with diabetes (ADA, 2009; AAO, 2012).

Ophthalmic complications of diabetes, including diabetic retinopathy (DR) and diabetic macular edema (DME), are a leading cause of blindness in the United States. Specifically, the late-stage complications associated with severe non-proliferative diabetic retinopathy (NPDR), proliferative diabetic retinopathy (PDR), and clinically significant macular edema (CSME) can result in severe and permanent vision loss. There are effective treatments available for patients diagnosed with severe NPDR, PDR, and CSME which can prevent vision loss by as much as 90%.

Screening for DR is particularly important because patients may remain asymptomatic until they progress to PDR and/or CSME. Diagnosing these patients before they become symptomatic allows for timely treatment of vision-threatening DR and DME, thus preventing vision loss.
• Diabetes is the leading cause of blindness in adults.
• Greater than 50% of diabetic patients do not receive their required eye exam.
• TriCore offers retinal screening as a preventative procedure.
• The preventative screen takes 10 minutes and no eye drops (dilation) are needed.
• Coverage is provided for diagnosed diabetics by:
  Blue Cross Blue Shield of New Mexico
  Molina Healthcare
  Presbyterian Health Plan
  United Healthcare
• VisionQuest* delivers the report to the patient and clinic as well as assists in coordinating follow-up care (if necessary).
• Ask your doctor about ordering this screening and then call one of the TriCore patient care centers listed to the right to schedule an appointment.

*TriCore offers diabetic retinopathy screening in collaboration with Vision-Quest i-Rx.