Your retina is a thin layer of light-sensitive tissue in the back of your eye. The retina takes in the focused images, turns them into electrical impulses, and sends them to the brain for interpretation.

High blood sugar can cause changes to the retina, resulting in diabetic retinopathy, which is the leading cause of blindness in American adult diabetics.

As diabetic retinopathy progresses, you may experience changes in your vision or vision loss, which usually affects both eyes.

The American Diabetic Association recommends diabetics receive an annual screening, including a retinal scan. Even if you aren’t currently experiencing symptoms, early detection and treatment can minimize vision loss.

**Am I covered for a retinal exam?**

An annual retinal exam is covered by your medical plan when your eyecare provider bills the exam with a diabetes diagnosis. Additionally, most of our plans don’t require a referral to see an eyecare specialist.

For details about your coverage for a retinal exam, please contact our Customer Service Department.

**How do I find an eyecare provider?**

If you don’t have an eyecare provider, you can use our Provider Directory at PacificSource.com/find-a-provider. Be sure to look for providers in your plan’s network. Otherwise, you may pay more for the services you receive.

If you would like help finding a provider, our Customer Service Department is happy to assist you.

**What else should I know?**

To ensure quality of care, please make sure your personal physician receives the results of your retinal exam. You can ask your eyecare provider to send a copy of your visit notes or a retinal exam form to your personal physician.

To find out if you need a referral, check your benefits, or find an eyecare provider, please contact Customer Service:

**Email:** cs@pacificsource.com

**Phone:**
- Idaho: 800-688-5008
- Montana: 877-590-1596
- Oregon: 888-977-9299