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**English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711).

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Humana.

PO Box 14168  
Lexington, KY 40512-4168

**Health and  
wellness information**

<FirstName> <LastName>  
<Address line 1>  
<Address line 2>  
<City, State ZIP>

Get screened  
annually at no  
additional cost\*



Schedule your comprehensive  
eye exam to help protect  
against vision loss

Humana.



# Guard your eyes against diabetic retinopathy

Humana <and [Group Medicare name]> care<s> about your eye health. That's why your Humana health plan includes screening for diabetic retinopathy, which may cause vision loss. Early detection and treatment may help you protect your vision, so don't delay your exam.

Early detection and treatment could prevent or delay blindness in 90% of cases, but 50% or more don't get their eyes examined or are diagnosed too late for effective treatment.<sup>2</sup>

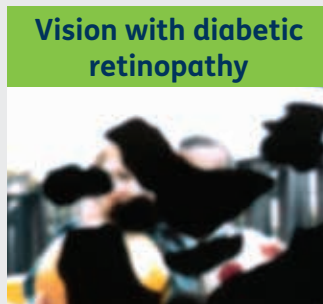
## Here's what you need to know

- This screening is included in your Humana health plan annually with a \$0 copay when you use an in-network eye-care specialist.
- You don't need a vision plan, or a referral, and our scheduling team can help you find an eye-care specialist if you need one.
- You may have your results on the spot.

## Left untreated, diabetic retinopathy may cause dark spots in your vision<sup>1</sup>

Screening may be easy, may detect it early, and your Humana plan covers this screening annually.

Diabetic retinopathy can damage the blood vessels of the eye, leading to loss of vision.<sup>1</sup>



Courtesy: National Eye Institute, National Institutes of Health (NEI/NIH).



**Make your appointment—it's easy to schedule. Call your eye-care specialist or our dedicated scheduling team at <833-751-3215 (TTY: 711) Monday – Friday, 9 a.m. – 5 p.m., Eastern time. <To learn more, visit <URL>.>**

\* Your Humana plan includes a \$0 copay for one comprehensive diabetic eye exam at an in-network provider per plan year. Any follow-up appointments, tests, diagnostic screenings to receive more definitive health information, or repeated screenings beyond those covered annually, may incur additional costs. Please review your plan for further details.

Humana Vision Insurance covers this exam. If you don't have Humana Vision Insurance through EyeMed, this diabetic retinopathy exam may be covered by your medical benefits with an in-network provider. A refraction exam (which checks your general vision, commonly used to determine changes in vision requiring glasses or contacts) is not covered within your medical benefits. Ask your provider to bill your retinopathy exam to your medical benefit if you don't have Humana Vision Insurance through EyeMed.

### Sources

1. [aoa.org/healthy-eyes/eye-and-vision-conditions/diabetic-retinopathy?sso=y](https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/diabetic-retinopathy?sso=y)
2. [cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html](https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html)