

# Diabetic Retinopathy

## Type I Diabetes

Most commonly occurs after the onset of puberty or 5-10 years after diabetes diagnosis

The first ophthalmologic exam should be obtained once you are 10 years of age and have had diabetes for 3-5 years.

## Type II Diabetes

Some newly diagnosed can already have

Initial ophthalmologic exam should be soon after diagnosis.

After initial exam, annual routine follow-up is recommended.

**Tri Care Prime Enrollees: (Dependants of Active Duty)** Routine eye exams are authorized yearly with OPTOMETRY: Call Tri Care (1-866-645-4584) to check availability for an appointment at one of the branch clinics. If there are no openings, you may see a network civilian OPTOMETRIST without a referral. This exam should include a dilation/retina check.

**Tri care Prime Enrollees: (Dependants of Retirees)** It is best to get a referral to Ophthalmology in order to authorize an exam annually. (Routine eye exams are only authorized every other year for retirees & dependants). Eyeglass exams are not covered or available with Ophthalmology.

**Tri care Standard Enrollees:** Can call directly to a civilian provider and book. Call the Tri care info # (1-877-874-2273) or go to [www.healthnetfederal services.com](http://www.healthnetfederal services.com) for a list of providers. No referral is needed for standard enrollees. There are deductible and co-pays with this plan.

Once your exam is complete please ask your Provider to mail or fax your report of exam to Pediatric Endocrinology at NMCP (757)953-0877 (fax).

