

# SET YOUR SIGHTS ON ROUTINE EYE EXAMS

Regular eye exams are key to your health. Routine eye exams are covered under the RCAB Health Plan (once every plan year) at no additional cost with in-network providers.



## EYE EXAMS CAN:



ENSURE THAT YOU'RE  
SEEING CLEARLY



HELP YOU MAINTAIN  
GOOD EYE HEALTH



DETECT EARLY SIGNS OF  
DISEASE, SUCH AS  
CATARACTS, GLAUCOMA,  
AND DIABETES

## MAKE EYE EXAMS PART OF YOUR ROUTINE

Unlike vision screenings, routine eye exams are performed by specially trained eye care professionals, such as an optometrist or ophthalmologist. During an exam, they'll perform a series of tests that evaluate your vision and eye health, and check for disease. Schedule an appointment today.

# YOUR EYES CAN TELL YOU A LOT ABOUT YOUR HEALTH

Routine eye exams can help detect chronic health conditions, such as diabetes.

## Common types of eye disease

### Glaucoma

The second-leading cause of blindness worldwide.<sup>1</sup> Glaucoma is a group of eye conditions that damage the optic nerve. Early detection and treatment can often stop damage to your vision.

### Cataracts

A cataract is the clouding of your eye's lens. The condition often develops without notice, and worsens as you age. Diabetics are up to five times more likely to develop cataracts.<sup>3</sup>

### Diabetic Retinopathy

The leading cause of blindness among adults.<sup>2</sup> It develops when the blood vessels in your retina become damaged. The condition often goes undiagnosed, but is treatable if detected early.



## WHEN TO SCHEDULE AN EYE EXAM

The right time to schedule an eye exam depends on the individual and is often based on age and overall health. You should schedule routine eye exams based on your doctor's recommendation or if you experience any of the following symptoms:

- Floaters, flashing lights, or dark spots in your field of vision
- Blurry or double vision
- Pain or pressure in one or both eyes
- Difficulty focusing
- Decreased peripheral vision
- Partial or total vision loss



### NEED AN IN-NETWORK EYE DOCTOR?

Get started by signing in to MyBlue at [bluecrossma.org](https://bluecrossma.org) or download the app from Google Play or the App Store. Click on **Find A Doctor & Estimate Costs**. Complete the fields and hit **Search**. Results are determined by your selected location and providers that participate in your network.

1. [cdc.gov/vision-health/about-eye-disorders/glaucoma.html](https://cdc.gov/vision-health/about-eye-disorders/glaucoma.html), accessed September 15, 2025.

2. [cdc.gov/vision-health/about-eye-disorders/why-eye-exams-are-important.html](https://cdc.gov/vision-health/about-eye-disorders/why-eye-exams-are-important.html), accessed September 15, 2025

3. [ncbi.nlm.nih.gov/pmc/articles/PMC6422859/](https://ncbi.nlm.nih.gov/pmc/articles/PMC6422859/), March 15, 2019.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).