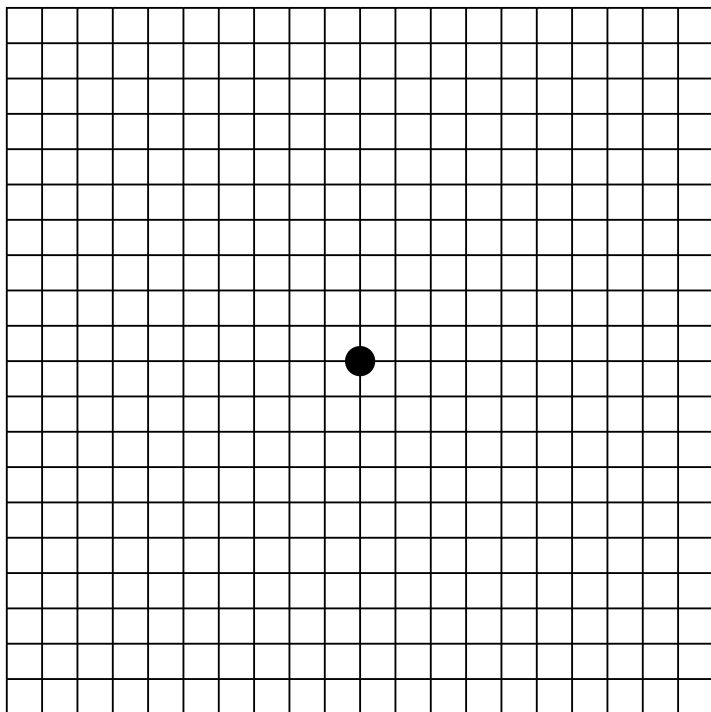


Amsler Grid Test (Use daily or weekly)



1. Place the grid at a comfortable reading distance (12 - 14 inches). Wear your glasses, contacts or reading glasses.
2. Cover one eye and stare at the black dot in the center.
3. Repeat with your other eye.
4. If the lines appear wavy, distorted, dim, some are covered or missing, or there is any difference from what you see regularly, see your ophthalmologist.
5. This test does not replace your recommended eye exams and follow up!