



Instructions:

- 1. Wear your reading glasses and hold this grid 12-15 inches away from your face in good light. Hanging it on a wall or refrigerator is recommended.*
- 2. Cover one eye and look directly at the center dot*
- 3. While looking directly at the center dot, note whether all lines on the grid are straight or if any areas are distorted, blurred, or missing.*
- 4. Repeat this process with the other eye.*
- 5. If there are any changes from your last test or new areas of the grid look wavy, blurred, or missing please contact us right away.*