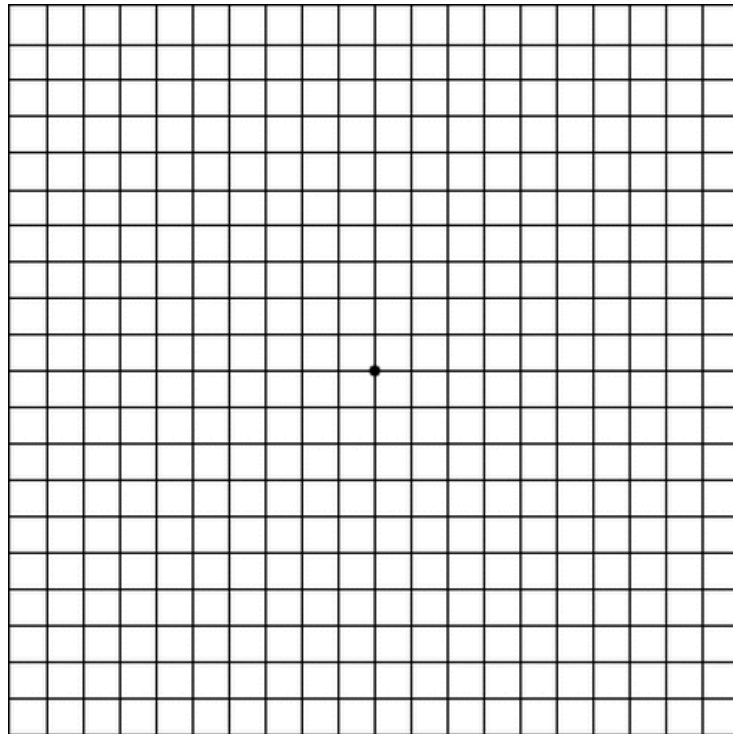




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#### How to test your vision using the Amsler Grid

- Wear the eyeglasses you normally wear for reading.
- Test each eye separately: Cover one eye while testing the other eye.
- Hold the grid approximately 14 to 16 inches from your eyes.
- Keep your eye focused on the dot in the center and answer these questions:
  1. Do any of the lines in the grid appear wavy, blurred or distorted?
  2. Do all the boxes in the grid look square and the same size?
  3. Are there any “holes” (missing areas) or dark areas in the grid?
  4. Can you see all of the corners (while keeping your eye on the central dot)?

If you notice any changes in the grid, please contact us at (405)607-6699