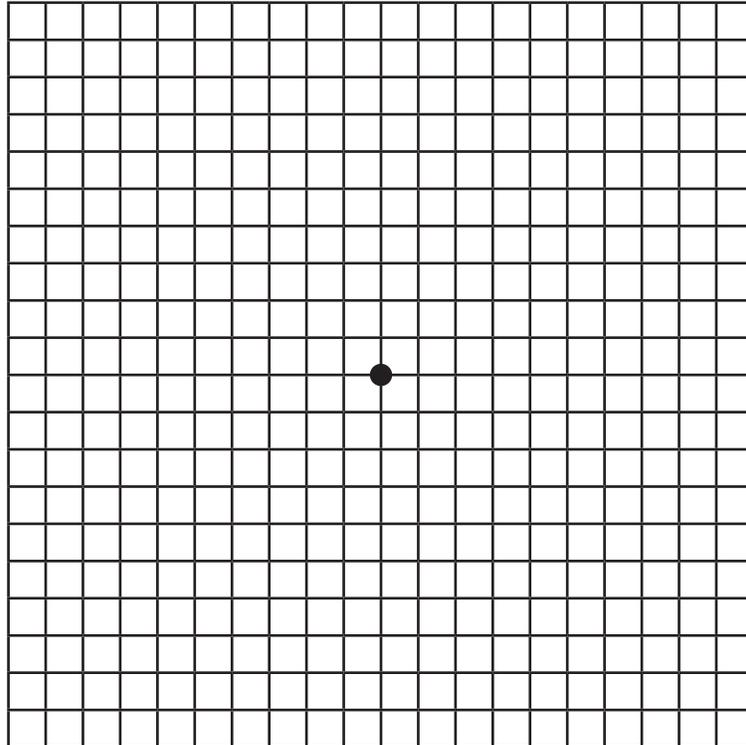


Detect Early, Defend Vision

Your vision is precious to you, and you know your eyes better than anyone. When you track vision changes for just two minutes daily with this Amsler grid, you get familiar with the details to detect differences in your vision early on. Take on this daily commitment to the number one defense against macular degeneration (AMD) and other retinal conditions — early detection.



Amsler Grid Instructions

1. Print this page and tape to the refrigerator or wall at eye level in a well-lit area without glare.
2. Stand 12-15 inches away from it.
3. Put on your reading glasses if you wear them normally and cover one eye.
4. Stare at the dot in the center for 10 seconds. While maintaining fixation in the center, note any distortions in the grid. Distortions can appear like wavy lines, missing areas of the grid, breaks in the grid lines, blurry lines, or spots. Maintain your fixation in the center the whole time.
5. Note any changes by marking the grid with a pen, pencil, or marker.
6. Repeat on the other eye.

If you experience any changes in vision during this daily check, call Vance Thompson Vision immediately at 1-877-522-EYES.

