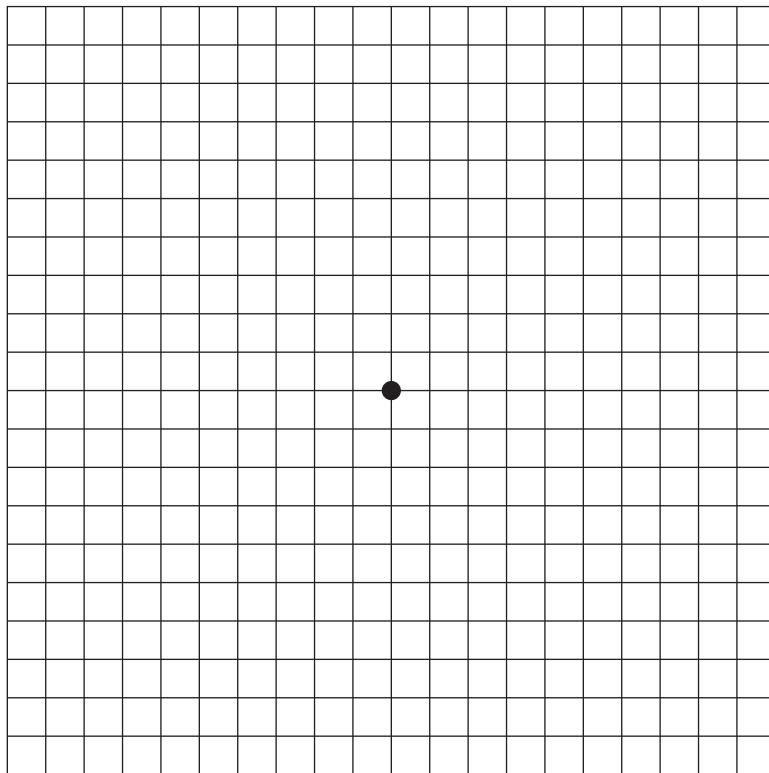




Amsler Grid

to test your eyes at home or office every month.



How to test your eyes with this Amsler Grid:

- Please print this page on white paper if possible.
- Wearing the eyeglasses that you normally wear for reading, hold this grid 14" away from your face.
- Test one eye at a time: Cover one eye and stare at the dot in the center. Remain focused on the center.
- Repeat for the other eye.
- Contact High Country Macula immediately at **1-888-982-5716**:

If any of the lines look wavy or bent, blurred, discolored or are missing areas.

If any of the boxes differ in size or shape from the others.

If you cannot see the corners of the grid while focusing on the center dot.