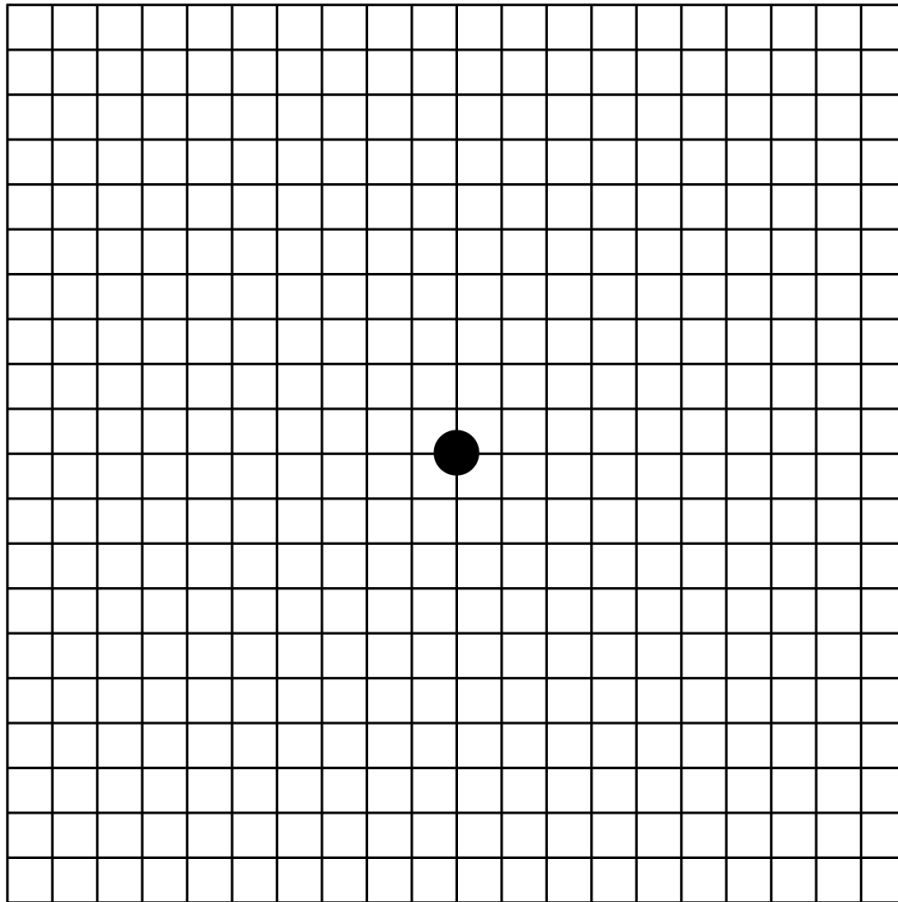


Amsler grid eye test



1. Hold the grid 12 to 15 inches away from your face in a well-lit area.
2. Cover one eye.
3. Focus on the centre dot for approximately 10 seconds with your uncovered eye. Take note if any lines or areas look blurry, wavy, dark, or are missing.
4. Repeat with the other eye.

If the lines appear blurry, wavy, dark, or are missing, contact your eye specialist immediately to schedule an appointment.

This test does not replace regular eye exams.



Lentiamo

Visit www.lentiamo.co.uk/blog/amsler-test.html for a digital version or to learn more.