

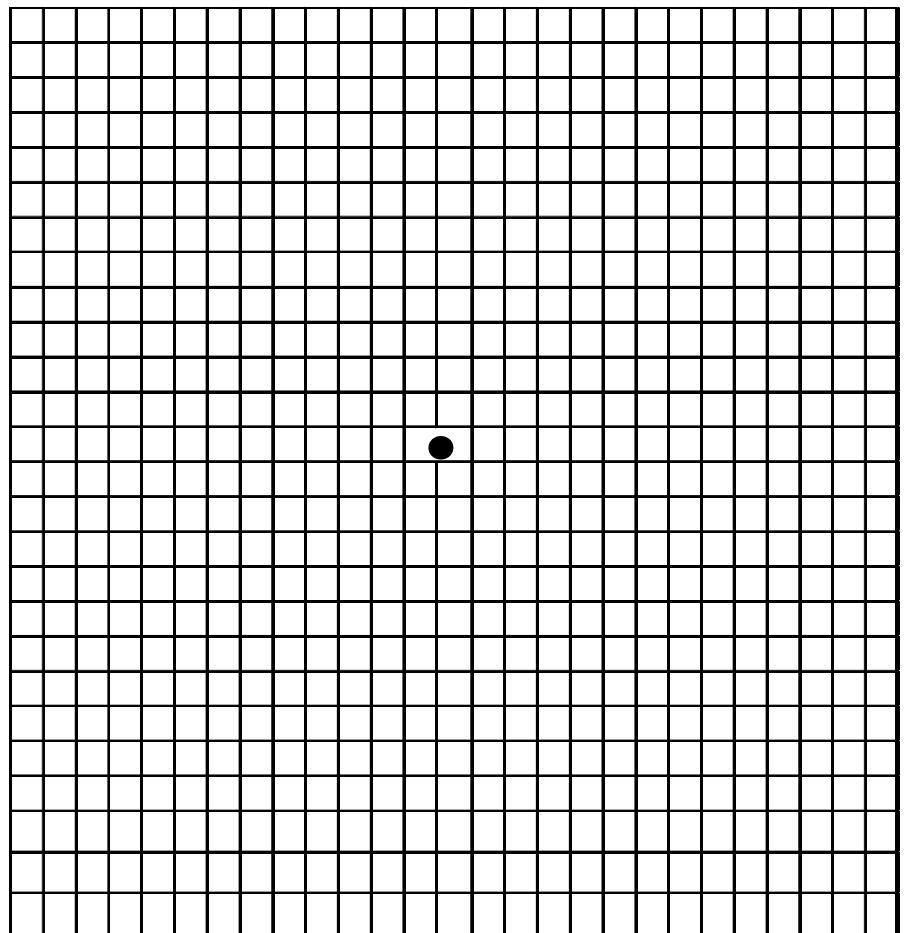


Eye Monitoring Program

Taking care of your vision

Using your Amsler Grid

1. Wear your reading glasses and hold the grid 12 inches away.
2. Cover one eye and look directly at the center dot.
3. While looking directly at the center dot, note whether all lines of the grid are straight or if any areas are distorted, blurred, wavy, or dark.
4. Repeat this procedure with the other eye.
5. If any new area of the grid looks wavy, blurred or dark, and this persists for more than a day, please call the Eye Monitoring Program at 1-855-878-6404.



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Our staff will be pleased to speak with you, answer your questions, and coordinate a visit if one is needed.