

Check Your Vision for Macular Degeneration

INSTRUCTIONS FOR PRINT-OUT TEST

What you need:

1. **Printer**
2. **Well-lit room**
3. **Tape**
4. **Glasses/lenses**

Print Amsler Grid by clicking the “PRINT TEST” button on checkyourvision.com. Tape the printed sheet to a bare wall so the grid is in your eye-height.

Step-by-Step Test Instructions:

- Stand facing the Amsler Grid in a 14” distance
- Wear your usual glasses or contact lenses if any
- Focus on the dot in center of the grid
- Cover your left eye while looking at the dot
- Remember any distortions while still focusing on the dot
- Repeat test for right eye

Results:

Compare results by clicking “COMPARE RESULTS” on checkyourvision.com