

Check Your Vision for Macular Degeneration

INSTRUCTIONS FOR ONLINE TEST

What you need:

Glasses/lenses

Step-by-Step Test Instructions:

- Open test by clicking the “TEST” button on checkYourVision.com
- Adjust your seating/monitor position so the Amsler Grid is in your eye-height and in a 14” distance
- Wear your usual glasses or contact lenses if any
- Face the Amsler grid
- 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
www.checkyourVision.com