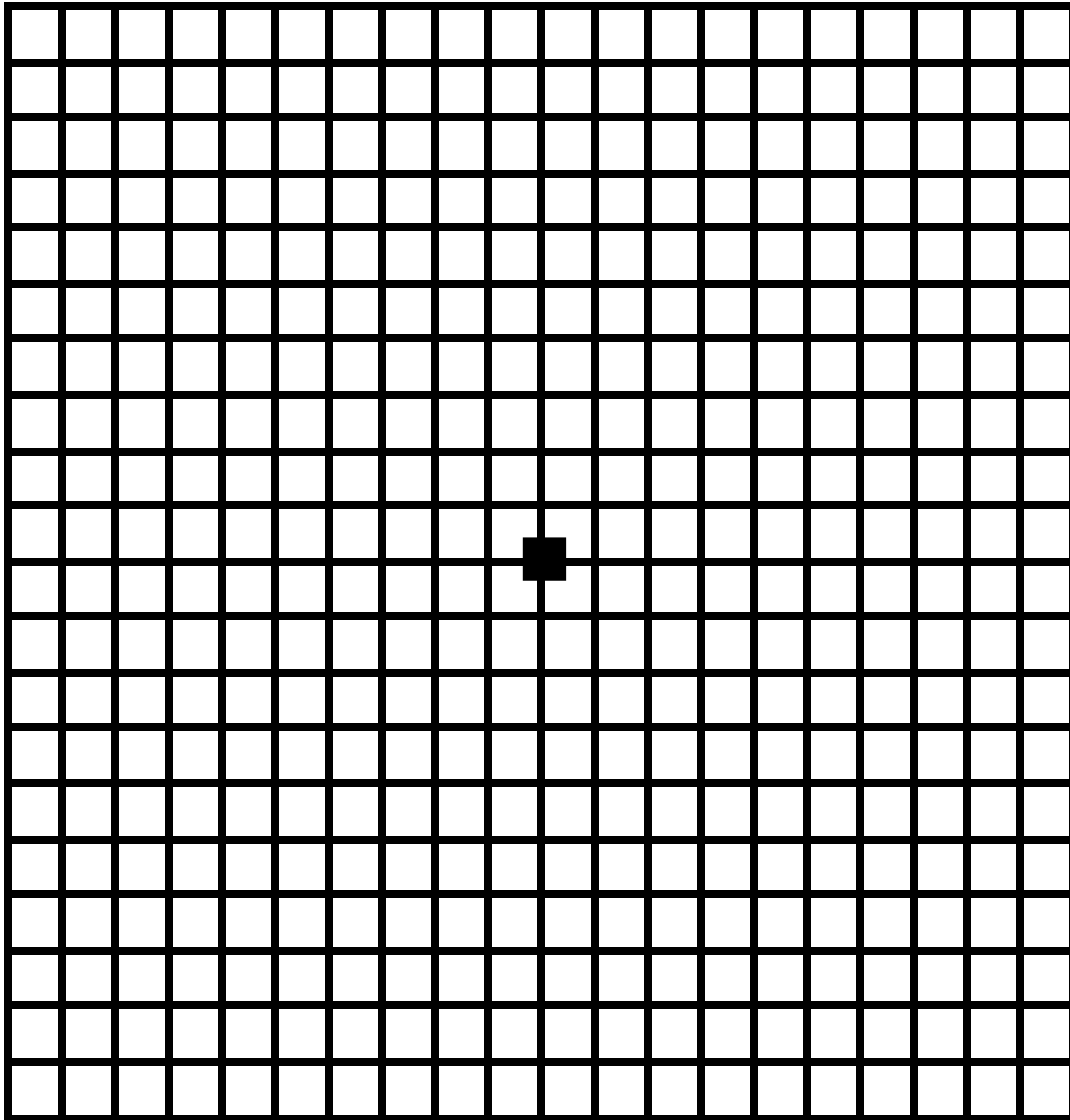


# Amsler Grid

A quick, easy test that helps detect degenerative changes in the macula and retina. Test each eye 3 times a week as part of your morning routine.

1. Choose a testing place with bright, natural light.
2. The grid should be at eye level and at arm's length
3. Cover one eye.
4. Find the dot in the center, focus on it, and count to 10. Switch eyes and repeat the test.
5. The Grid should appear uniform in size and shape.



6. If any area of the Grid looks distorted, blurred, or discolored, contact your eye doctor immediately.

Download the test at [support sight.org](https://support sight.org) Resources page or call 888.681.8773