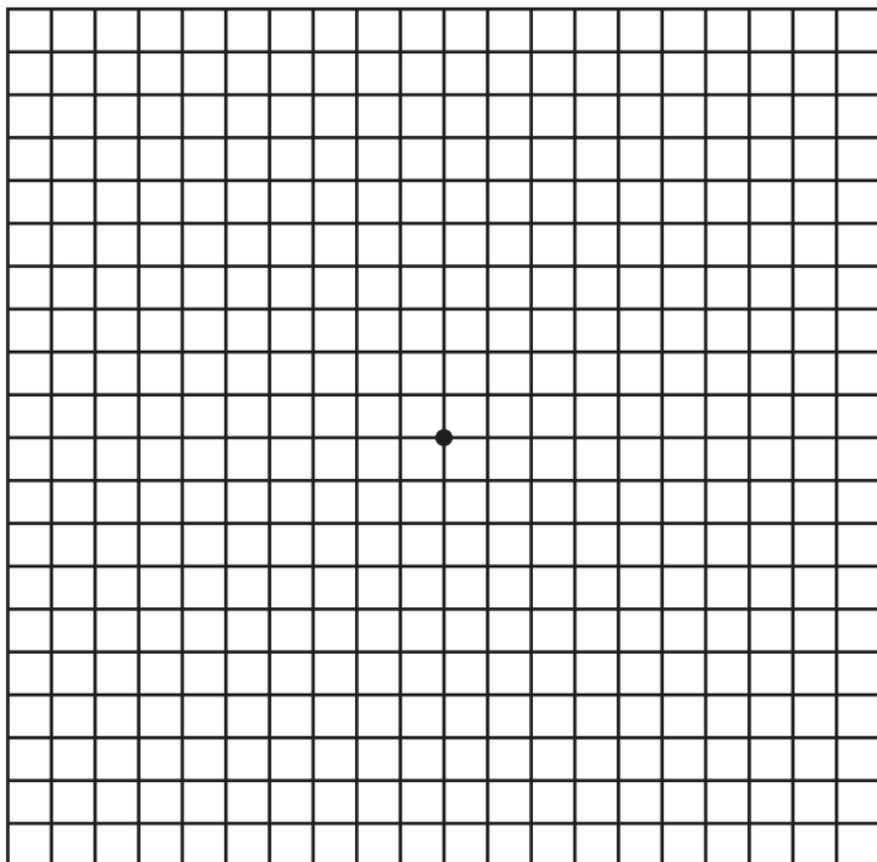


Use your grid weekly to track changes in your vision



## How to use the Amsler grid

- Always use your grid in the same place and with the same lighting
- Stand at a comfortable reading distance
- Wear your normal glasses or contact lenses
- Cover one eye and stare at the center dot - repeat with other eye

## Contact your eye doctor right away if

- Gridlines don't look straight or one box looks different
- Any area of the grid is missing, blurry or discolored
- Anything looks different than last time you checked

Learn more about how you may be able to slow your AMD progression – and make a personalized Action Plan just for you. Visit [SightMatters.com](https://www.sightmatters.com)