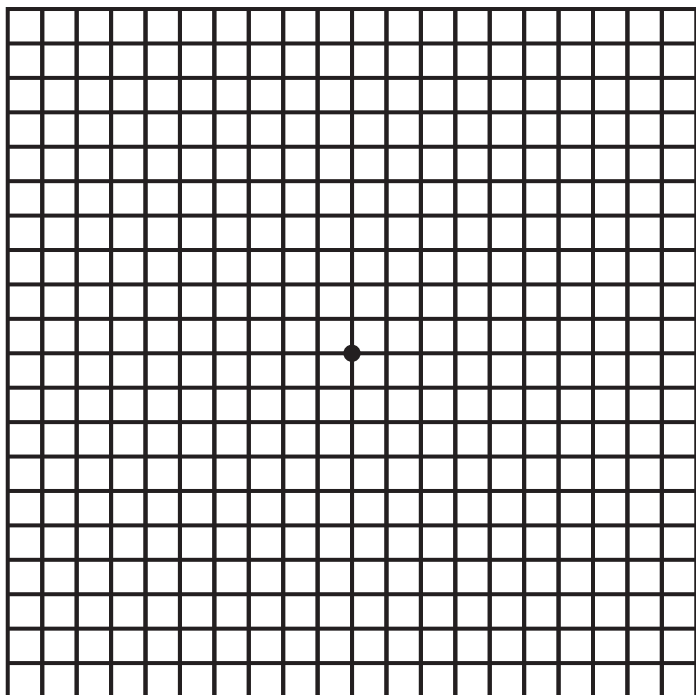


Use your grid weekly to track changes in your vision.



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 reduce your risk of AMD progression—and make a personalized Action Plan just for you, so you can discuss it with your eye doctor.
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