



Directions: Wear whatever glasses you would use for near and have good light on the chart. Cover your left eye and hold the chart at arm's length. Stare at the center black dot and bring the chart toward you until the "R" on the right side disappears. While looking at the center black dot, be aware of the vertical and horizontal lines. All the lines should look straight and black. If any lines appear wavy, grey or fuzzy, mark that area on the chart. Repeat with the left eye, this time bringing the chart in until the "L" disappears. Repeat daily.

Call the office immediately at 919-439-7995 if you notice any change in the grid or if you have any questions about using this chart.