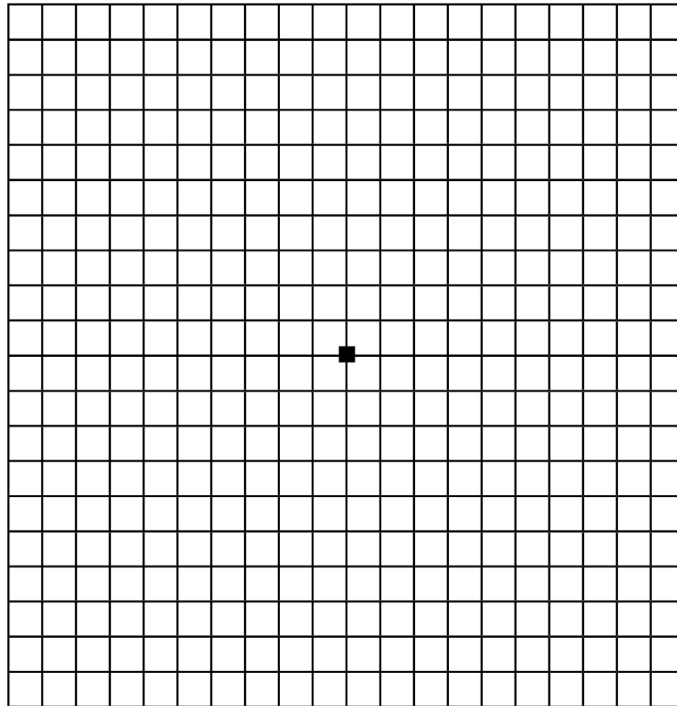


Amsler Grid

for monitoring macular health



Instructions:

1. Hold this chart at a comfortable distance while wearing your reading correction.
2. Cover one eye, focus on the central black dot, and observe the surrounding gridlines. Ask yourself the following questions:
 - Can you see all 4 sides and corners of the grid?
 - Are any parts of the grid wavy, distorted, or missing?
3. Report any changes to your eye doctor immediately and follow their instructions for follow-up care.

Eye Care Provider : _____

Contact Number : _____