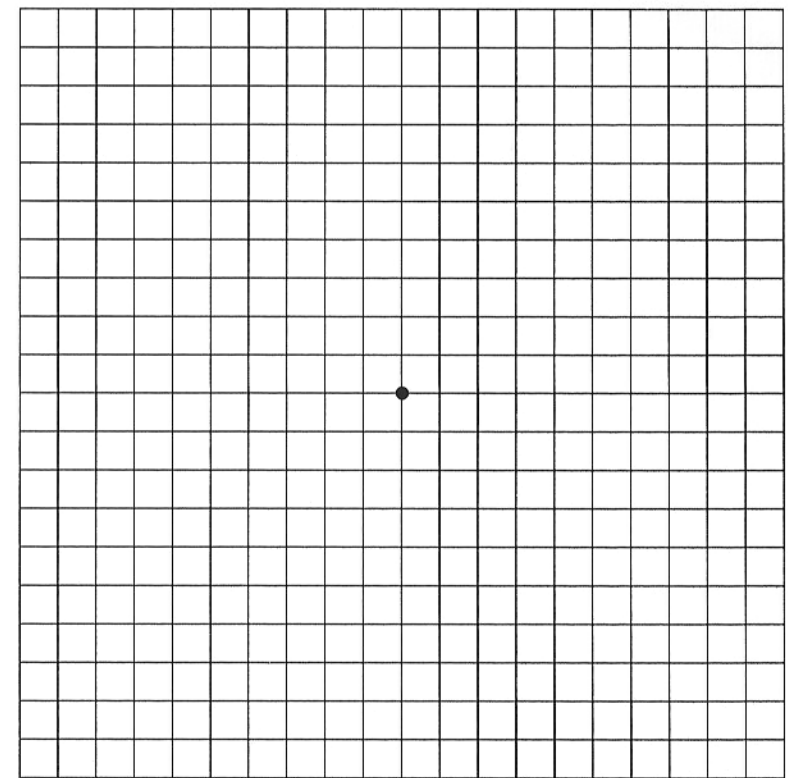


Left Eye Grid



Right Eye Grid

**PROPER USE OF THESE GRIDS WILL ENABLE YOU TO DETECT CHANGES IN YOUR VISION**

1. Place in a handy, well-lit place, such as on a bathroom mirror or refrigerator, where you can look at it each morning, at approximately 12 to 14 inches from your face.
2. Wear the glasses you normally wear for reading - if you wear bifocals, use the bottom portion (the reading portion) of the glasses.
3. Cover one eye and with the other eye look at the central black dot. While looking directly at the center dot, all the lines should be straight and all the squares should be the same size. Mark with a pencil any areas of distortion, gray/blurred spots or otherwise abnormal areas.
4. **Call us anytime Monday-Friday between 8:00a.m.-4:00p.m. to report any changes noted in either eye.**

Pennsylvania Retina Specialists, PC  
220 Grandview Avenue, Pennview Place  
Camp Hill, PA 17011  
**(717) 761-8688**