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*Note: For best results print a PDF copy of the Snellen Test Card from our website. The link is located on our App Store page.*

Place a Snellen test card ten to twenty feet in front of you and without glasses read the card ten minutes at a time in the following manner:

Read deliberately one letter at a time.

Blink after each letter.

Read the lowest line you are able to see, without exerting any more effort than is made to see the larger letters. Be sure to blink after reading each letter.

Read the card with both eyes open, then repeat the process with one eye covered.

Do not touch the covered eye; simply interrupt the vision with a concave eye patch or your cupped hand.

If one eye is weaker than the other, exercise the weak eye more than the strong one.