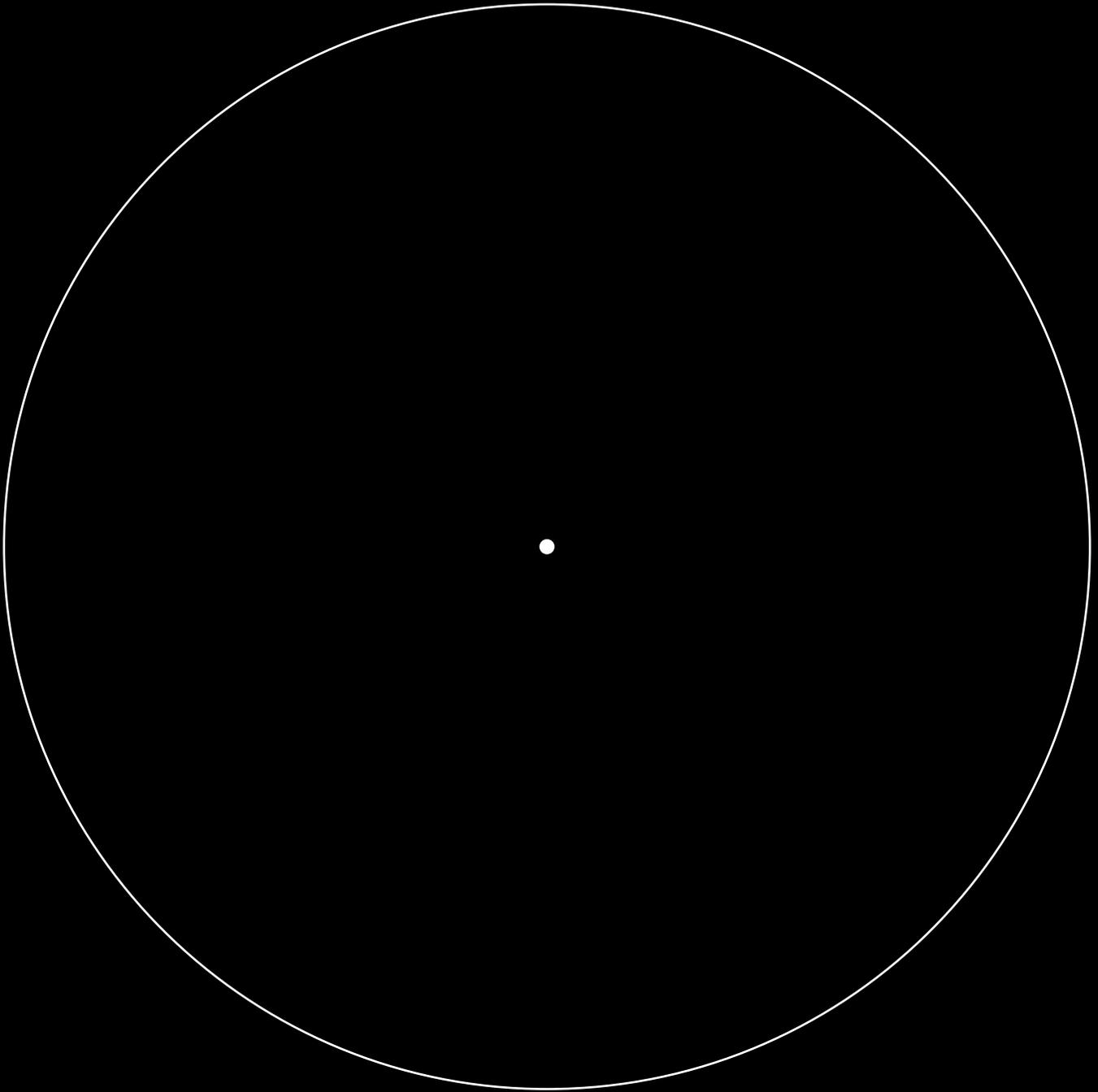


Retinal Detachment Detection Test



Directions:

- 1.) If you're wearing glasses, remove them for the test.
- 2.) Hold the sheet 5.5 inches from your eye.
- 3.) While closing one eye, stare at the center dot and blink repeatedly as you look for distortion or gaps in the ring in your peripheral vision.
- 4.) Repeat for other eye.
- 5.) If you detect distortion or gaps, please contact your doctor.
- 6.) If you experience vision changes, increased floaters or increased flashlight, please contact your doctor even if the ring test is normal.