

FOCUSING FLIPPER

Instructions:

1. While looking through one side of your flippers, read one line of the EyeVaidya Eye Care Hart chart. Try to keep each word clear as you read it aloud.
2. Turn the flippers over so you are looking through the other side of the lenses. Read the next line aloud.
3. Flip back to the first set of lenses and read the next line.
4. Repeat this process until you reach the bottom or cannot focus well enough to read the words.
5. Try to do 1 minute of flipper reading, then give yourself 30 seconds rest. Repeat this cycle 5 times. Find time to do this 3 times a day.

If the bold side of the near vision chart becomes easy to read, try the low-contrast chart on the reverse side. If you learn all the words on your EyeVaidya Eye Care Hart chart ask your optometrist if you can use normal reading material on a book/magazine or computer in the same way - flipping the lenses over at the end of each line. Make sure the print is small enough to challenge you to focus on it clearly.

- **When you start exercise you may feel Ocular pain , heaviness for 2-3 days. It is a indication that your muscle efforts to focus (trying to relax and stimulate accommodation.)**

HART CHART

GKSTUBRUYTRYUIO
AYULNVCZH LTYIB J
LEFHTUKGLNFBHL5
EUHD8JSHUT6FZHJ
LREIG9CYUJ6FMEK
MITPDJXTEB5KP4X
AOI9CDI3SHL3SGU
UEHLSXND3H2SHI6
TOEGIK7XHDAL8XH
QTDGIK7DZGE6B0P