

# Lifesaver Card - 1

**Aim:** To improve or maintain the ability of the brain to merge two images (one from each eye) with the eyes converging.

## Method:

1. Hold the opaque Lifesaver card at about 40 to 50cm.
2. Hold a pencil in front of the card between the red and green circle at the bottom (see picture).
3. Look at the tip of the pencil and keep it single. As you move it towards your nose the 2 circles will break apart and you will see a third circle in the middle.
  - The third circle should NOT be red or green but a *mixture of red & green*.
  - The middle circle should appear to be *floating towards you*.
  - The words “Clear These Letters” should be clear with *all the letters present*.
4. Try moving your head side to side, up and down and rotating whilst keeping the middle circle clear with all the letters present.
5. If you can do the bottom circle, work your way up to the top set of circles. You should be able to hold the middle circle clear and single for at least 5 seconds.
6. Now repeat this without the aid of the pencil and continue for a few minutes a day for the time period recommended by your optometrist.

## Note:

- If you have trouble seeing a central floating circle try moving the pencil closer to your nose whilst looking at the tip and keeping it single.
- If the middle circle does not appear a *mixture* of red and green, try blinking or moving your head slightly whilst keeping the card steady.

