

# THE CORNEA AND LASER EYE INSTITUTE, P.A. CLEI CENTER FOR KERATOCONUS

HERSH VISION GROUP

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## How to Test Your Vision

Accurate visual acuity is **important** for assessment in telemedicine. Prior to your exam your doctor will specify how they would like you to check your vision, whether with or with contact lenses or glasses. Please follow the directions below.

### Method 1 (Preferred)

1. You will need two devices (a smart phone and laptop/tablet), both with internet connection, to perform vision testing at home. You will also need a room with 10ft of space.
2. Download the EyecareLive app on your smartphone
3. Sign up for the app (it is free) then open the app
4. Select the eye tests options then select start vision test
5. On the app, select whether you are wearing contact lenses or glasses, if you do not wear, or were asked not to wear, glasses or contact lenses, then select none.
6. On your laptop open your browser and go to:  
<https://doctors.eyecarelive.com/testmyvision/#/vision>
7. On the website click on the button “start your eye test.” (there is an instructional video on the website if needed)
8. Using the EyecareLive app on your smartphone, scan the QR code on the computer screen
9. Follow the directions on the app
10. If your phone has augmented reality capability the app will help you measure a 10 ft distance



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- a. When walking backward toward the 10ft it is **important to hold your smartphone close to your body, at your hip, with the camera facing down at the floor**. This will help ensure an accurate distance
- b. Once you reach 10 feet, the app will beep, stay at that distance.
11. If your phone does not have augmented reality capability, you will need a tape measure to measure a 10 ft testing distance.
  - a. Mark the floor at 10 ft and place the front of your ankle at the mark.
12. Follow the instructions on the app, covering each eye as directed.
  - a. Gently rest the palm of your hand over your eye, do not apply pressure to the eye.
13. When you complete the vision test, take a screen shot of your results to submit to your doctor

## Method 2

1. This method was created by Devin A Harrison MD and edited by Dan Gudgel.
2. According to the article you will need “something to cover the eye, like a paper cup or facial tissue, scissors, tape or tack to hang the test chart on the wall, a pencil or pen to record the results, a yardstick, tape measure, or ruler, a flashlight, if available, a well-lighted room at least 10 feet long, and the correct testing chart.”
3. Follow the instructions in the following link: <https://www.aoa.org/eye-health/tips-prevention/home-eye-test-children-adults>
4. When you complete the vision test, submit your results to your doctor.

