VISION THERAPY AT HOME

We can SEE it now: This is the start of something big.

Great! You've completed our Symptom Checklist. This is an exciting step toward helping you or your child succeed in school, work, sports, and life.

We've already started the ball rolling by producing the personalized report below. This report covers the following:
• Your individual score
• A quick overview of the four areas of functional vision (did you know there are four?)
• A detailed breakdown about each area

J'S SCORE: 0

0-25	26-35	35-60	61+
Possible Visual Problem	**Probable Visual Problem**	**Definite Visual Problem**	**Severe Visual Problem**



Here's what your results mean:

Based on the information you provided, J has symptoms that suggest NORMAL VISION to a POSSIBLE problem with functional vision. Remember—functional vision is different from eyesight. You can have 20/20 eyesight and still face serious functional vision problems.

Concerned about your results? Don't panic—problems with functional vision are extremely common, and they're also treatable. You did a wonderful thing by taking this step.

Read on to find:

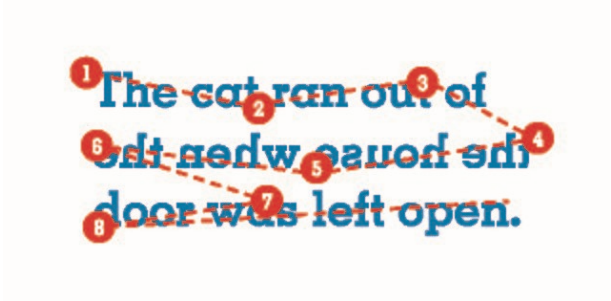
- Your personalized results
- Which symptoms relate to which area of functional vision
- How Vision Therapy at Home can help

Ready? Let's Go!

Tracking

What is tracking?

TRACKING is the ability to move our eyes efficiently in the direction we want to go. For example: Tracking a line of words on a page while reading, or watching a ball coming towards us while playing catch.



(An example of poor tracking)

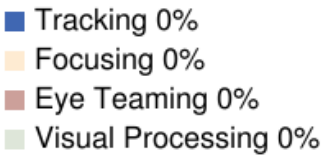
What does poor eye tracking mean for me?

People with poor eye teaming often face symptoms including:

- Poor reading ability
  - Slow reading speed
  - Difficulty learning new words
  - Lack of comprehension
  - Skipping lines/words
- Poor hand/eye coordination

What can Vision Therapy at Home do for me?

VTAH can help you or your child become faster, more efficient readers—and that opens the door to enjoying reading. VTAH can also improve sports performance.



Tracking represents 0% of your overall symptoms.

Here are the symptoms you checked:

- Skip lines while reading or copying
- Lose your place while reading or copying
- Skip words while reading or copying
- Substitute words while reading or copying
- Reread words or lines
- Use a finger or marker to keep place while reading/writing
- Read very slowly
- Poor reading comprehension, difficulty remembering what you've read
- Eyes hurt or feel tired after close work
- Unusually tired after completing a visual task
- Letters or lines "run together" or words appear to "jump" when reading
- Make errors when copying
- Restless when working at a desk
- Feel sleepy while reading
- Dislike tasks requiring sustained concentration
- Avoid near tasks such as reading
- Excessive blinking
- Sensitivity to light

*** Many symptoms relate to more than one area of functional vision.**

Focusing

What is focusing?

FOCUSING is the ability of the eyes and brain to work together to produce a clear image of an object, maintain that clarify, and allow you to switch back and forth between distances with ease (such as looking from your notebook up to the chalkboard—or from your phone up to the TV!).



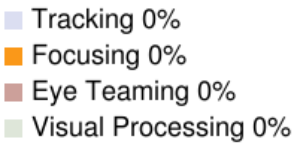
What does poor eye focusing mean for me?

People with poor eye focusing often face symptoms including:

• Headaches
• Excessive blinking
• Poor stamina with homework
• Inattention
• Difficulty copying from the board in school

What can Vision Therapy at Home do for me?

VTAH can help you or your child reduce or eliminate headaches; improve stamina and comprehension with homework and reading; and enhance focus and attention.



Focusing represents 0% of your overall symptoms.

Here are the symptoms you checked:

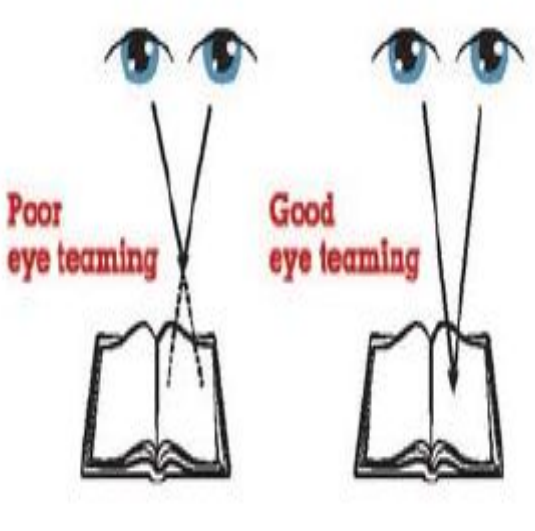
• Substitute words while reading or copying
• Read very slowly
• Poor reading comprehension, difficulty remembering what you've read
• Close (within 7-8″) to reading and/or writing material
• Eyes hurt or feel tired after close work
• Unusually tired after completing a visual task
• Vision blurs at distance when looking up from near work
• Print moves or goes in and out of focus when reading
• Make errors when copying
• Restless when working at a desk
• Feel sleepy while reading
• Dislike tasks requiring sustained concentration
• Avoid near tasks such as reading
• Excessive blinking
• Sensitivity to light

*** Many symptoms relate to more than one area of functional vision.**

Eye Teaming (Binocularity)

What is eye teaming?

EYE TEAMING is the brain's ability to coordinate your eyes—first to determine where an object is, and then to accurately point at that object.



What does poor eye teaming mean for me?

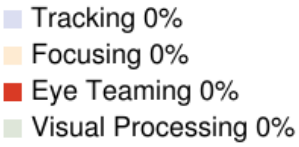
People with poor eye teaming often face symptoms including:

- Headaches
- Fatigue
- Clumsiness
- Lack of coordination
- Poor depth perception

What can Vision Therapy at Home do for me?

VTAH can increase your eyes' "stamina" for handling up-close tasks, such as homework and reading. This can improve concentration and comprehension.

VTAH can also improve hand-eye coordination which can improve overall coordination.



Eye Teaming represents 0% of your overall symptoms.

Here are the symptoms you checked:

- Skip lines while reading or copying
- Lose your place while reading or copying
- Skip words while reading or copying
- Substitute words while reading or copying
- Reread words or lines
- Use a finger or marker to keep place while reading/writing
- Read very slowly
- Poor reading comprehension, difficulty remembering what you've read
- Close (within 7-8″) to reading and/or writing material
- Squint, close or cover one eye while reading
- Tilt head in an unusual posture when reading or writing
- Eyes hurt or feel tired after close work
- Unusually tired after completing a visual task
- Vision blurs at distance when looking up from near work
- Print moves or goes in and out of focus when reading
- Letters or lines "run together" or words appear to "jump" when reading
- Make errors when copying
- Restless when working at a desk
- Feel sleepy while reading
- Dislike tasks requiring sustained concentration
- Avoid near tasks such as reading
- Excessive blinking
- Sensitivity to light

*** Many symptoms relate to more than one area of functional vision.**

Visual Processing

What is visual processing?

VISUAL PROCESSING is the brain's ability to understand what you see and apply meaning to it. This is an essential part of learning, and it impacts areas such as handwriting, spelling, reading comprehension, and other perceptual skills.

p b d q

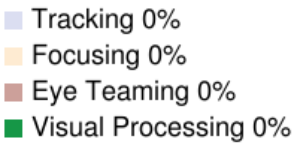
What does poor visual processing mean for me?

People with poor visual processing often face symptoms including:

• Tendency to mix up letters such as "p" and "q;" and "b" and "d"
• Poor spelling
• Difficulty remembering math facts
• Problems learning new concepts
• Confusion over left vs. right, and trouble with directions

What can Vision Therapy at Home do for me?

VTAH can help you or your child improve ability to learn new concepts (which makes a big difference in enjoyment of school and work!); reduce or eliminate confusion over letters and words; improve math recall and memory; and enhance sense of direction.



Visual Processing represents 0% of your overall symptoms.

Here are the symptoms you checked:

• Substitute words while reading or copying
• Poor reading comprehension, difficulty remembering what you've read
• Make errors when copying
• Restless when working at a desk
• Dislike tasks requiring sustained concentration
• Poor word recall & recognition
• Difficulty following instructions (written or verbal)

*** Many symptoms relate to more than one area of functional vision.**