eSkills Guide

eSight 4

See new possibilities

Module 1: About eSight 4

Module 2: Seeing Things in the Distance

Module 3: Working with the Context Menu

Module 4: Reading with eSight

Module 5: Writing and Hand-Eye Coordination

Module 6: Viewing Screens via Camera or HDMI

Module 7: Pictures, Video, and Other Advanced Features (Remote and App Only)

Module 8: Mobility with eSight

Module 9: Viewing with a Central Blind Spot (Optional)

NOTE: Consult Module 8 if you have an eye disease that affects your central vision. You may benefit from using eccentric viewing.

Module 1
About eSight 4

What Do I Need?

- eSight 4 and accessories

- eSight User and Reference Guides

What Will I Do?

Exercise 1-1: Getting Started with eSight

- Identify eSight 4 parts and accessories

- Wear eSight comfortably

- Place the visor in the correct position for different activities

Exercise 1-2: Learning the Basic Controls

- Choose a controller and review its buttons and gestures

- Practice basic eSight functions using your preferred controller:

    - Adjust zoom and contrast

    - Adjust the volume

    - Turn on the flashlight

1

Exercise 1-1: Getting Started with eSight

About eSight 4

Before using eSight, take a moment to review its main parts.

1. Refer to the eSight 4 User Guide and review the package contents. Become familiar with the major parts of eSight and its accessories.

2. Check the power level of the removable battery by shaking it to activate the indicator lights. Charge it, if needed, using the USB-C power cable and adapter.

3. Install a fully charged battery firmly into eSight. Refer to the User Guide if you need help.

> ### Helpful Hint
>
> Your eSight 4 can also be used while connected to a wall outlet with the USB-C cable and adapter.
>
> Use this option when the removable battery is depleted or to conserve its power for use when you are mobile.
>
> Remember, the removable battery does NOT charge while it is installed in eSight.

1

4. Ensure the batteries are installed in the remote and the phone app is connected to your eSight if you plan to use either of these controllers.

Wearing eSight

It is very important your eSight 4 fits properly so you have a good view of the screens. Please refer to the User Guide for help.

If you have not already done so, you will need to

- **Adjust the halo.** It should feel secure with an angled halo.

- **Center eSight on your face.** Use the nose pads as a guide. eSight should NOT rest heavily on your nose.

- **Adjust the arms.** Use both hands to raise or lower them. The screens should be centered vertically in front of your eyes.

  You may also need to extend the arms by turning the Arm Dials forward on each side.

- **Center the screens.** Slide the screens to center each in front of your eyes.

Consult your eSight coach if you need help.

1

Positioning the Visor

The visor can be worn in a wide range of positions. For training and practice, there are three specific positions: Visor fully down, visor partially up, and visor fully up.
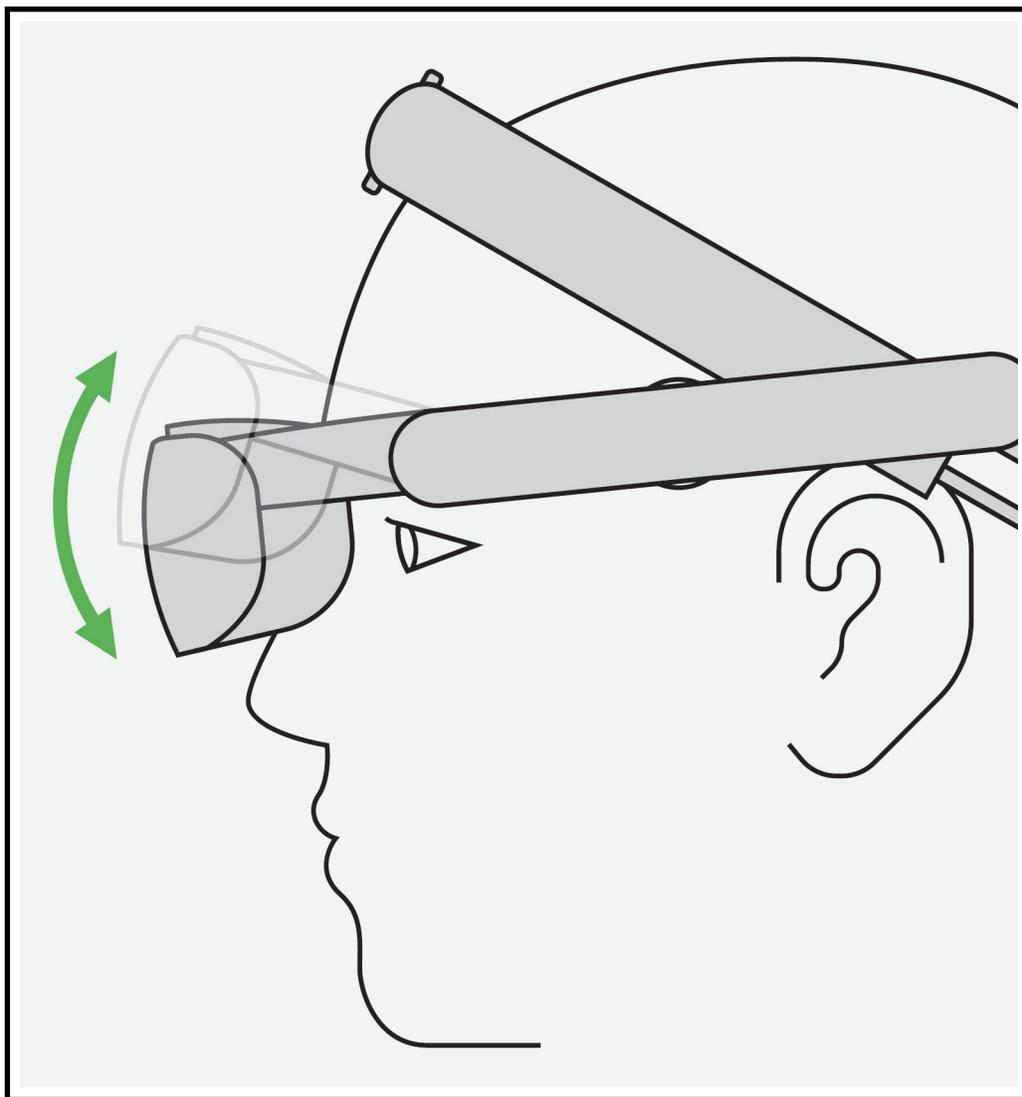
A Word About the Arms

The arms on eSight also allow great flexibility and can be used to raise the visor completely out of your field of view.

However, when we speak of tilting the visor, we are referring to moving only the visor; the arms remain in place.

Visor Fully Down
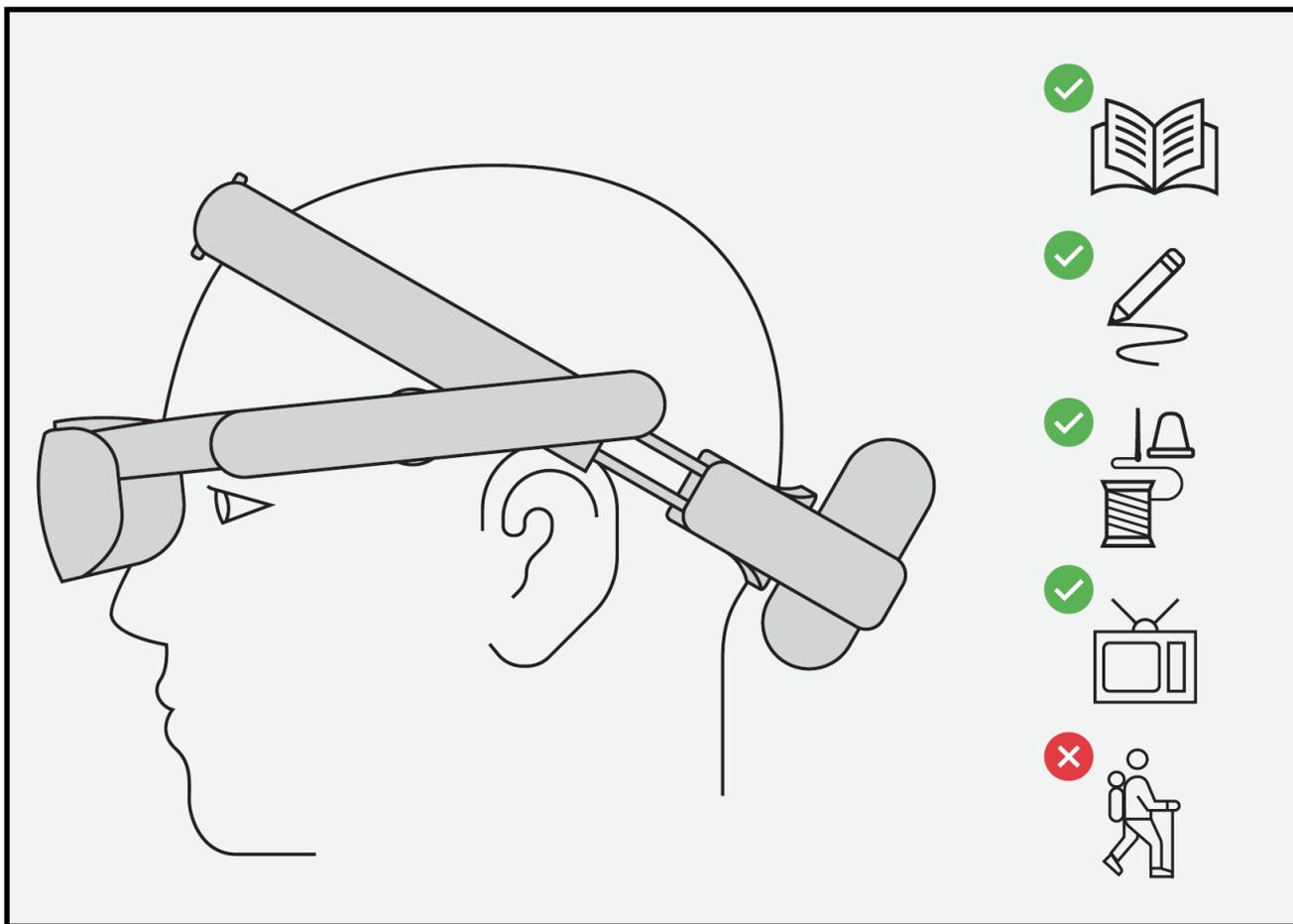
- Best suited for activities where you plan to rely mostly on the image on the screens.

- Good for stationary activities like reading, writing, or watching TV.

- Do NOT use this position for walking or other mobile activities.

1

Visor Partially Up
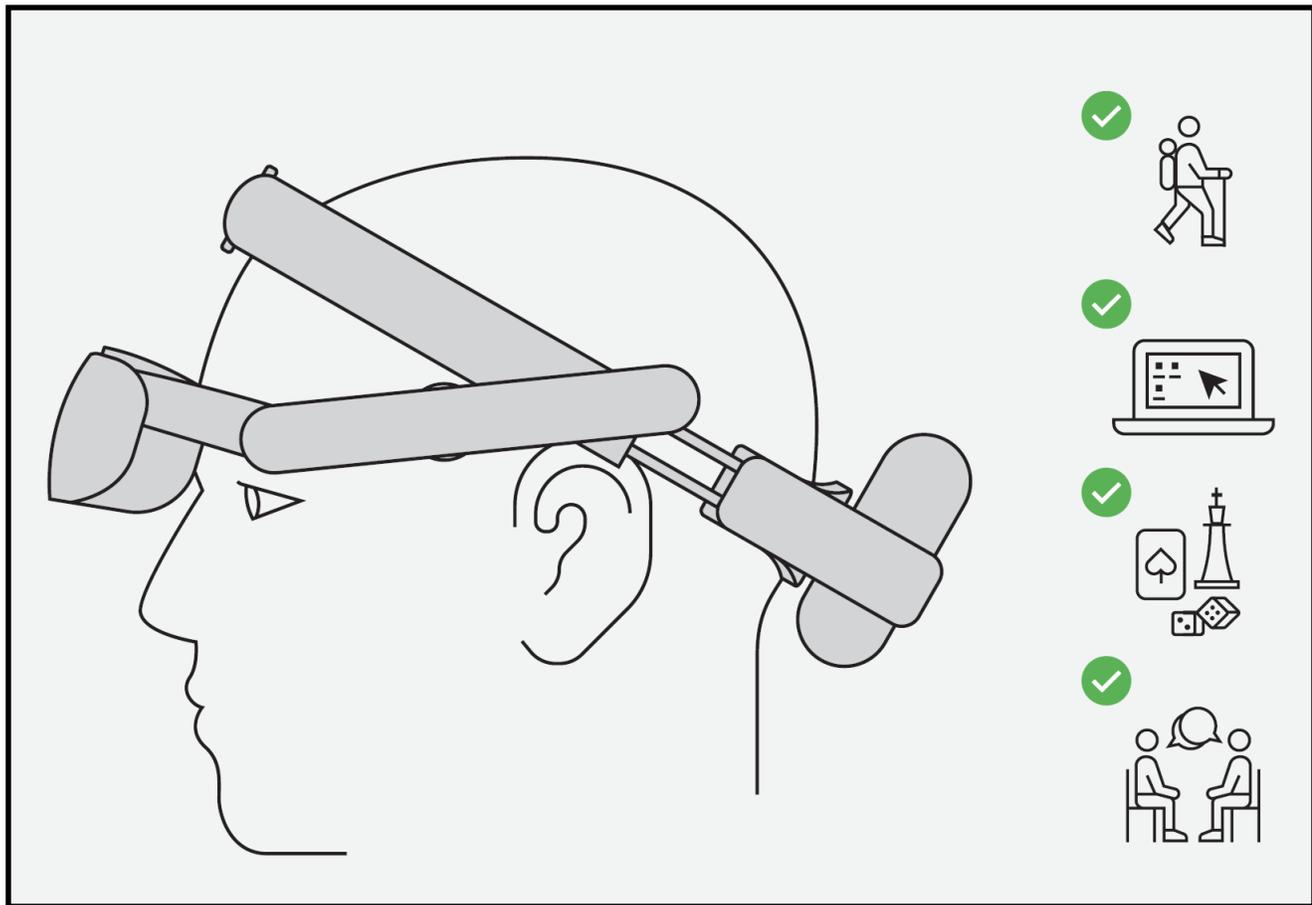
- Best suited for activities when you need both your natural vision and the image on the screens.

- Glance up at the screens when greater detail is needed.

- Experiment with the degree of tilt to find the position best suited for you.

Visor Fully Up

- Screens are not visible in this position

- Best suited for walking or other mobile activities.

Exercise 1-2: Learning the Basic Controls

The basic functions of eSight 4 can be controlled with the Touch Pad, the remote, or the eRemote on the phone app.

> Some controllers do not support every feature available for eSight 4. See Table 1 to assist you in choosing the controller that best suits for your needs.

Things to Consider When Choosing a Controller

Touch Pad Control

- Very tactile

- Basic functions are available

- No need for extra equipment (remote or phone)

- Requires precise swiping

- Not all functions are available

Remote

- Somewhat tactile

- Controls a larger set of features than Touch Pad

- Buttons allow more precision than swiping

- Remote could be misplaced

1

Phone App

- Allows access to all features

- No tactile controls

- Requires looking at the phone to use

- Requires precise swiping

- Could be an added drain on phone battery

Table 1: Features Supported by Each Controller

Feature	Touch Pad	Remote	App
Zoom	☑	☑	☑
Contrast	☑	☑	☑
Switch Modes	☑	☑	☑
Switch Filters	☑	☑	☑
HDMI Input	☑	☑	☑
Flashlight	☑	☑	☑
Manual Focus	☑	☑	☑
Manual Brightness	☑	☑	☑
Volume Control	☐	☑	☑
Reset the View	☐	☑	☑
Freeze Frame	☐	☑	☑
Take a Picture	☐	☑	☑

Feature	Touch Pad	Remote	App
Take a Video	☐	☑	☑
Use the Finder	☐	☑	☑
View the Photo Gallery	☐	☑	☑
Select and Transfer Media From eSight	☐	☐	☑
Mirror Mobile Device	☐	☐	☑
Cast Local Content	☐	☐	☑

Choose your preferred controller to proceed with the exercises. Later, try again with a different controller.

Helpful Hints

Take time to review the eSight Guides for your controller.

Learn the gestures you will need for basic controls.

Be aware of any tactile clues for operating the controller.

1

Get a Feel for the Controls

Keep the eSight Guides nearby for easy reference.

1. Find the **Power** button, and power on eSight 4.

    The Power button is located on the rear of the right arm. It is oval in shape and the larger of the two buttons.

2. While eSight starts up, explore the tactile feel of the right arm. See if you can locate the Context button and the Touch Pad.

3. Practice using zoom.

    *   Swipe your finger on your controller in the proper direction to zoom in and out.

    *   Pay close attention to the direction (horizontally or vertically) you swipe. Swiping on an angle may give unexpected results.

    *   Practice zooming in and out until you are comfortable with this control.

> ### Why Use Zoom?
>
> Magnification helps you make the most of your remaining vision. The zoom control will be the feature you use most often on your eSight 4.

1

4. Practice using contrast.

- Follow the steps above for adjusting contrast.

- You will swipe in a direction perpendicular to that used for zoom. Try to control your swipe to get the desired result.

- When you are comfortable with the contrast gesture, practice alternating it with zoom.

> ## Why Use Contrast?
>
> Adding contrast slightly darkens the dark areas and slightly lightens the light areas of an image. With greater separation between light and dark, the image becomes easier to see.
>
> Contrast is very helpful when viewing things that are faded or washed out (like a faded newspaper).
>
> Experiment with adding contrast and observe how it affects the image on the screen.

Adjust the Volume (Remote and App Only)

- Use the Guides to locate the volume controls. Adjust the volume of eSight as needed.

1

Turn On the Flashlight

Your eSight has a flashlight built into the visor. Use this helpful feature to find things in a dark cupboard or closet or read a menu in a dark restaurant.

1. To access the flashlight, open the Live View menu by pressing the **Context** button. Refer to the User Guide if you need help.

   This is a "short press" of the Context button. You will learn in later exercises how to manage a "long press" of the Context button.

2. Use the directional controls to move down the menu and select **Flashlight** to turn it on.

3. Exit the menu by pressing the **Context** button.

4. Repeat the process to turn the flashlight off.

Module 2
Seeing Things in the Distance

What Do I Need?

- eSight 4

- Reading stand

- Appendix

What Will I Do?

Exercise 2-1: Reading at a Distance

- Read from 3 meters (10 feet)

- Hold a steady view of an image

- Learn to freeze frame (Remote and App only)

Exercise 2-2: Orienting Yourself and Looking at People

- Find an object of focus and view it on eSight

- Use eSight to see faces

- Use the reset button (Remote and App only)

- Follow movement

2

Exercise 2-3: Using the Finder (Remote and App only)

- Use the Finder

Exercise 2-4: Viewing Objects in Public Places

- Explore your world with eSight

Exercise 2-1: Reading at a Distance

In this exercise, you will read number cards using zoom and contrast and learn to use the Freeze Frame feature.

  Some controllers do not support every feature available for eSight 4. See Table 1 on page 8 to assist you in choosing the controller that best suits for your needs.

Try It Out

1. Using Page A1, seat yourself approximately 3 meters (10 feet) away from the reading stand.

2. With the visor tilted up, use your natural vision.

3. Tilt your visor to your preferred position and look into eSight at the page.

4. Increase the magnification until you can read the numbers comfortably.

5. Progress through the pages and adjust zoom only as needed to see the numbers comfortably.

6. Notice, as you progress through the charts, the numbers get lighter in appearance.

7. Increase the contrast as needed to see those faint images.

8. As magnification increases, notice that the "bounce" of the image can become more noticeable. Concentrate on holding your head steady to minimize this effect.

<div style="border: 3px solid black; border-radius: 20px; padding: 10px;">

Introducing Freeze Frame

(Remote and App Only)

You can pause the camera image at any time by using the freeze frame feature. See the Reference Guide for how to activate it with your controller.

Why Use Freeze Frame?

Freezing the image can manage image bounce. When an image is frozen, zoom and contrast are available. We will find more uses for freeze frame in upcoming exercises.

</div>

9. Practice using this procedure until you are comfortable, and then proceed to the next exercise.

Exercise 2-2: Orienting Yourself and Looking at People

2

In this exercise, you will line up the object of focus with your natural vision and then view it through the visor.

Your goal is to be able to shift your focus between the two without becoming disoriented.

You will also be introduced to the Reset button. (Remote and App only).

Try It Out

1. Position the eSight visor in the partially up position. You should be able to comfortably see the screens and look below the visor with your natural vision.

2. Choose an object in a familiar environment that is about 3 meters (10 feet) away. A painting or a clock on the wall is a good target.

3. Use your natural vision and look toward the object. The eSight camera sits directly above your nose; keep this in mind as you line up the object.

4. Now see if you can get the object to appear on the eSight screen. You may need to drop your chin slightly. When you see it on the screen, adjust zoom and contrast.

Why Not Adjust Zoom First?

It is important to begin this exercise with minimal zoom so that your field of view remains as large as possible. It is okay to add zoom if needed to locate the object, but try to keep it at a minimum. Once you have located the object, add enough magnification to see the object clearly.

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5. Keep eSight focused on your object. See if you can shift your eyes from looking at the screens to looking below the visor while keeping your object of focus in view.

6. Increase zoom and repeat step 5. Can you maintain your focus at the higher magnification level?

2

> ## Introducing the Reset Button
> ### (Remote and App Only)
>
> Press the Reset button to return eSight to the default settings for the current mode. See the Reference Guide for the location of the Reset button on your controller. (You will learn about the modes in the next module.)
>
> **Why Use Reset?**
>
> Reset is helpful when you want to start fresh with your adjustments.

Seeing Faces, Expressions, and Movement

Let's practice seeing faces, expressions, and movement. This skill enhances your enjoyment at live events.

Try It Out

1. From approximately 3 to 4.5 meters (10 to 15 feet), identify your companion's face.

2. Adjust zoom until you can see the details of their face.

3. Slowly adjust contrast and notice how it affects the image.

2

> ## How Does Contrast Affect An Image?
>
> Higher contrast usually accentuates the features of the face. It also makes the image look less vibrant in colour and more like a high contrast black and white picture. This works well for viewing detailed features, like a face or a picture.

4. Ask your companion to talk and move their head from side to side, so you can follow their expressions and movement.

Exercise 2-3: Using the Finder

The Finder is only available with the remote and the eRemote in the phone app. See the Reference Guide for instructions.

2

> ### Why Use the Finder?
>
> Use the Finder feature to orient yourself when you lose your object of focus or you need to change your view quickly from a higher magnification setting back to no magnification.
>
> For example, you can scan between two different actors in a play or quickly adjust your view when a third actor enters the stage using the finder. Hold the Finder button to temporarily view the scene without magnification, center your gaze on the actor, and then release the Finder button to go back to the preset magnification level.

Try It Out

1. Look at an object approximately 3 to 4.5 meters (10 to 15 feet) away from you.

2. Adjust zoom and contrast to achieve image clarity.

3. Hold the **Finder** button to temporarily increase the field of view.

4. Release the **Finder** button to return to the previous magnification setting.

5. Hold the **Finder** button to locate a different object.

6. Release the **Finder** button and make any adjustments in settings.

2

Exercise 2-4: Viewing Objects in Public Places

For this exercise, go to a public place, like a shopping mall, grocery store, church, or sporting event, to practice viewing objects at a distance. Have fun with it!

2

> ### Helpful Hint —
> ### Outside Distance Viewing
>
> Outdoor viewing presents special challenges in dealing with bright sunlight. In a later module, you will explore modes, which allow you to save a group of settings that work best for outdoor viewing. Keep these general tips in mind for now:
>
> Avoid looking near the sun to minimize unexpected washout or darkening of the image.
>
> Avoid using eSight in rainy conditions. Keep eSight dry as you would any electronic device.

Try It Out

1. Choose your activity.

   For example, attend a lecture that has both a presenter and a slide presentation.

2. Using the techniques you have learned, identify the object of interest with your natural vision, and then view it through your visor.

Sometimes, you may not be able to locate the object, such as a speaker, without using eSight. In such cases, look through the visor and increase the magnification to find the speaker.

3. Adjust the zoom and contrast until the detail is clear.

Remember, you can freeze an image (such as a slide in a presentation) and magnify and pan the image.

4. Use the Finder to reorient yourself or switch between the speaker and the slides.

5. Switch to a different public place, and practice all the techniques you have learned.

Try viewing different objects, signs, and activities. Experiment with the controls!

Notes:

Module 3
Working with the Context Menu

Now that you've practiced with zoom and contrast, you will now work with modes, filters, focus, and brightness. Your eSight 4 allows you to control how an image appears on the screens. Some users will only use zoom and contrast. However, the proper use of these advanced controls can greatly enhance your eSight experience.

3

What Will I Need?

- eSight

- Reading material of your choice

- TV

What Will I Do?

Lesson 3-1 Introducing the Context Menu and Advanced Features

- Learn about the Context menu

- Learn about Modes, Filters, Focus, & Brightness

Lesson 3-2 Working with Modes and Filters

- Practice switching modes

- Practice switching filters

- Learn how the Reset button affects modes

Lesson 3-3 Working with Focus and Brightness

- Practice adjusting focus

- Practice adjusting brightness

Lesson 3-4 Customizing Modes (Remote and App Only)

- Change the settings of a mode

Exercise 3-1: Introducing the Context Menu and Advanced Features

In this module, you will learn about the advanced features of eSight 4. Work through this section at your own pace until you are comfortable with the concepts. Complete the exercises to apply what you learn.

If you need assistance, please reach out to your eSight coach.

About the Context Menu

Remember, there are three ways to control eSight 4: the Touch Pad, the remote, and the eRemote in the phone app. In the previous exercises, you practiced adjusting zoom and contrast using the directional controls.

The Context button allows you to use the same directional controls to adjust a different set of features. Each time you activate (long press) the Context button, it will switch the set of features that can be adjusted with the directional controls.

1. Zoom & Contrast (default)

2. Modes & Filters

3. Focus & Brightness

3

3

Helpful Hint

Begin to think of these as feature pairs:

- Zoom & Contrast
- Modes & Filters
- Focus & Brightness

It is helpful to remember the order and features in each pair. Come up with a silly sentence using the first letter of each word to help, such as:

- Zebras Can
- Make Fish
- For Breakfast

Notice that the first item in each pair uses the same directional gesture. For example, using the remote

- Zoom
- Modes   will use the **up** and **down** buttons
- Focus

- Contrast
- Filters   will use the **left** and **right** buttons
- Brightness

Get familiar with the sequence and features associated with each directional control.

What Are Modes?

Viewing modes (or just modes) make controlling eSight easier by automatically applying a preset combination of settings for image brightness, focus, and filters.

There are six modes in eSight 4. The list below shows each mode and the default settings for each. You will learn how to customize these settings to your preferences in Lesson 3-4 Customizing Modes (Remote and App Only).

3

> ### Pre-Set Modes in eSight 4
>
> **Indoor:**
> - Auto brightness, Auto Focus, Normal
>
> **Outdoor:**
> - Auto brightness, Auto Focus, Normal
>
> **Reading:**
> - Auto brightness, Manual Focus, Black on White Filter
>
> **TV/Theater:**
> - Manual brightness, Auto Focus, Normal
>
> **Custom 1:**
> - Auto brightness, Auto Focus, Normal
>
> **Custom 2:**
> - Auto brightness, Auto Focus, Normal

Why Use Modes?

Having a group of settings saved together makes it easier to quickly begin a specific activity. For example, switching to Reading mode automatically sets your filter to Black-on-White, your brightness to Auto, and your focus to Manual all at once. You don't have to change each setting individually.

Do I have to Switch Modes?

As an eSight wearer, you decide whether you want to switch to other modes for different activities. However, a mode designed for a specific activity can enhance your eSight experience.

From the factory, your eSight 4 is set to Indoor mode. It will remain in Indoor mode unless you use the controls to change it.

In order to take full advantage of your eSight 4, learn to change modes and understand how adjusting filters, focus, and brightness affects the image you see on your eSight screens. Continue reading to learn about these features.

What Are Filters?

Filters are different color schemes that can make viewing (especially reading) easier.

> ### Purpose of Filters in eSight 4
>
> - **Normal (Full Color)** — General viewing and reading
>
> - **Black on White** — Primarily for reading
>
> - **White on Black** — Primarily for reading
>
> - **Blue on Yellow** — Primarily for reading
>
> - **Yellow on Blue** — Primarily for reading
>
> - **Grayscale** — General viewing and reading

3

Why Use Filters?

The use of filters is very much a matter of choice. Often these color schemes can make viewing (especially reading) easier depending on your eye condition. You may choose to remain in Normal (Full color) for all viewing or you may prefer to use Grayscale for general viewing and Blue on Yellow for reading. The choice is yours.

What is Focus?

The eSight camera can be in auto-focus or manual focus. In auto-focus, the camera does all the work for you, focusing the camera lens on objects both near and far away.

If you set the camera to manual focus, the camera focus is locked and you can adjust the focus manually by using the Context menu and the appropriate gesture.

> Manual focus can only be adjusted in a mode that is set to manual focus. If a mode uses auto-focus, manual adjustment is not available.

Why Use Manual Focus?

There are situations where something in your environment may cause unexpected focusing. For example, pulling the thread while sewing a button can cause the camera to momentarily lose focus. Similarly, when visiting the theater, clear focus can be lost if someone moves in front of you. For these types of situations, manual focus keeps the image clearly in view.

What is Brightness?

For the discussion here, brightness refers to image brightness. This should not be confused with screen brightness.   Image brightness relates to the amount of light entering the eSight camera. If too much light gets in, areas of the image can look washed out.

Image brightness can be adjusted in any mode, even if the default setting is auto-brightness.

3

Why Use Manual Brightness?

Under most conditions, your eSight camera provides an image that is well balanced between the light and dark areas. However, there are environments where it can be difficult for eSight to adjust on its own. For example, a music concert or a theatrical production is often performed in a very dark venue. However, bright stage lighting is also present. Adjusting brightness manually may provide a better image.

TV viewing is another situation where manual brightness may be desired. The TV/Theater mode allows for manual brightness adjustment. See "Pre-Set Modes in eSight 4" on page 3-5 for details.

Exercise 3-2: Working with Modes and Filters

In Module 1, you learned how to access the Live View menu by using a short press on the Context button.

For the exercises in this module, you will press and hold the Context button for 2 seconds (long press) to activate the Context menu.   This switches the directional controls to the next pair of features. Be sure to quickly use the directional controls to access the desired feature. If the controls are not touched, the context will automatically revert back to controlling Zoom & Contrast.

This sequence of presses (short press for Live View menu; long press for Context Menu) functions the same for all three controllers.

Try It Out

1. Find the **Context** button on your controller. Refer to the User Guide if you need help.

    Remember, the default settings control zoom and contrast.

2. Long press the **Context** button and swipe to switch to a different mode. Remember that the swipe to change a mode goes in the same direction as adjusting zoom. See if you can switch to **TV/Theater** mode.

3. When you have selected a **TV/Theater** mode, simply wait. The directional controls switch back to zoom and contrast in a few seconds.

4. Look at your TV, and adjust zoom and contrast.

5. Now, use the **Reset** button to return to the default settings for TV/Theater mode.

3

How Does the Rest Button Affect Modes?

The Reset button will return to default settings on zoom, contrast and any other features you have adjusted while in a mode. It does NOT change the mode.

Try Changing Filters

1. Repeat the steps above and switch to **Reading** mode.

2. While you are still in the Context menu for modes and filters, switch the filter to **Blue on Yellow**. Remember the directional controls for filters are opposite the ones for modes.

    If you have difficulty, you can always use the **Reset** button and begin again.

3. Adjust zoom and contrast. Use the **Reset** button again. Did the filter switch back to Black on White (the default for reading mode)?

4. Practice switching modes and filters until you are comfortable with the process.

3

Exercise 3-3: Working with Focus and Brightness

Accessing the focus and brightness controls is very similar to accessing modes and filters. For focus and brightness, you will do two long presses of the Context button.

Try It Out

1. Using the technique used in the previous exercise, switch to Reading mode. Look at your reading material and adjust zoom and contrast. Change the filter if desired.

2. Now long press the **Context** button twice to access the focus adjustment. Remember that its control goes the same direction as that for zoom and modes. Watch how adjusting the focus affects the image on the screen.

3. Use the **Reset** button to return to the defaults setting for Reading mode.

4. Now switch to **TV/Theater** mode. Look at your TV and adjust zoom and contrast. You can also switch to **Grayscale** if desired.

5. Use two long presses of the **Context** button to access the image brightness adjustment. Notice how adjusting the image brightness affects the image on the eSight screens.

Congratulations! You have successfully learned to use Modes & Filters and Focus & Brightness on your eSight 4. In the next exercise, we will look at how to customize a mode.

3

Exercise 3-4: Customizing Modes (Remote and App Only)

As mentioned above, a mode is a saved group of three pre-set settings: Image Brightness, Focus, and Filters. These settings are applied at the same time for a specific activity or environment.

Each mode can be customized to your preferences.

Try It Out

1. Find the **Home** button on your controller, and press it to open the Home Screen. Refer to the Reference guide if you need help.

2. Go to **Settings** > **Configure Mode**. Choose the mode you want to modify.

3. Choose the setting you want to change (Image Brightness, Focus, or Filter), and select the option you would like to be applied with that mode.

4. About Filters: To set the default filter for the mode, select the option {mode name} (default). Select the filter you want as the default. Use the **Back** button to return to the main filter list. The filters on the main list can be unchecked if it is a color combination that you will not be using.

Module 4
Reading with eSight

In the previous exercises, you learned to work with the advanced features of eSight. In this module, you will use eSight to read.

What Will I Need?

- eSight

- Appendix

- Reading stand

- Index card (or other straight edge)

- Deck of playing cards

What Will I Do?

Exercise 4-1: The Fundamentals

- Review the guidelines for reading with eSight

- Read using Indoor mode

- Adjust zoom and contrast for reading

Exercise 4-2: Reading with Advanced Features

- Use Reading mode

Exercise 4-3: Reading with Freeze Frame (Remote and App Only)

- Freeze the image and increase magnification to read

Exercise 4-1: The Fundamentals

4

As you learn to read with eSight, we recommend you begin by reading large fonts and progress to smaller fonts as you become comfortable and develop your skills.

There is no substitute for consistent practice when you are learning to read with eSight. Be patient and challenge yourself to practice your reading skills daily. Be persistent and you will reap the rewards.

> **Helpful Hint**
>
> For best results, practice reading for 20 minutes several times a day, every day. With time, reading with eSight will feel natural.

General Guidelines

Reading with eSight is a new skill that takes time and practice to develop. Keep in mind these general guidelines as you begin:

1. Good lighting is very important. Be sure there is plenty of light on your reading material. Use your eSight flashlight if needed.

2. Use a reading stand when possible, especially while you learn. This keeps your reading material stable and your hands free to operate the controls.

3. Find a comfortable position that gives you a clear view of the reading stand.

4. Line up the reading material, using techniques similar to those used for distance viewing. Use your natural vision to locate your reading material and tilt the visor down to a comfortable position for reading.

5. Don't over magnify. Use the lowest level of zoom you can, while still seeing comfortably. This allows you to see more at one time.

6. Experiment by changing your distance from the reading stand. You may find a different distance works better depending on the font size you are reading.

4

7. When you have progressed to smaller fonts, you may find it difficult to read lines of text in a book or magazine article without becoming disoriented.

   • Use an index card, envelop, or other straight edge to help you stay on track.

   • Align the edge of the card along the text you are reading. When you reach the end of the line, track along the straight edge to begin the next line.

4

Try It Out

Your eSight 4 provides you with options when it comes to reading. We recommend that you explore each option and choose the one that best suits your needs.

You can use Indoor mode, Reading mode, or Freeze frame to read with eSight. The simplest way to begin is to use Indoor mode and adjust zoom and contrast. You will learn about the other options in the next exercises.

1. Follow the guidelines listed above, and choose an Appendix page with words. Begin with a large font and single words, and progress to smaller fonts and sentences.

2. Position the reading stand approximately 45-60 centimeters (18-24 inches) from you. Using good technique, look at the page through the visor.

3. Adjust zoom and contrast until you can read the page.

4. Continue reading, making your way down the page.

5. Repeat this process until you are comfortable.

> ### Challenge Yourself...
>
> Hold several playing cards in your hand and see if you can read them.
>
> Place additional cards on a table at arms length and try to identify them. Adjust zoom and contrast as needed, and shift your gaze from the cards in your hand to those on the table.

4

6. Repeat this exercise again using a page with a smaller font.

Exercise 4-2: Reading with Advanced Features

Take advantage of eSight's advanced features to enhance your reading experience. Remember that modes are a group of settings that are preset for a specific activity. In this exercise, you will try Reading mode to read with eSight.

Try It Out

1. Review Module 3 if needed to be sure you can easily change and modify modes.

2. Switch eSight to Reading mode. You will notice there is a Black on White filter applied.

3. Place A7 on the reading stand as you did previously.

4. Adjust zoom and contrast, and see if you can read the card.

5. Change to a different filter to find the best one for you. Use the instructions in Lesson 3-4 Customizing Modes (Remote and App Only) to make your preferred filter the default for Reading mode. Choose any filter you like, including normal (full color).

6. Remember, Reading mode uses manual focus. If needed, adjust the focus for clarity.

7. Practice with other pages, progressing to smaller fonts. Repeat the process until you are comfortable.

Exercise 4-3: Reading with Freeze Frame (Remote and App Only)

Using a still image can make reading easier at a higher magnification. As magnification increases, the slightest head moment is exaggerated and images appear to bounce (normal behavior in magnified viewing).

Keep a steady gaze while activating Freeze Frame to ensure a clear image. Steady your head by supporting it on your hand if needed.

4

Try It Out

1. While looking at a page from the Appendix and with your head as steady as possible, activate the Freeze Frame feature on your controller. The live video is now "frozen" on the screens.

2. Adjust zoom to achieve the level of magnification to read comfortably. You may also adjust contrast or apply a filter if desired.

3. Use head movement to pan the image.

4. Activate the Freeze Frame control again to exit and return to live view.

5. Repeat this exercise until you are comfortable.

6. Try this exercise again with objects in your environment: a large photo on a reading stand, a recipe, a soup can or cereal box label, or a banking statement.

4

Module 5
Writing and Hand-Eye Coordination

What Will I Need?

- eSight

- Appendix Pages A11-A14

    Note: For extra practice, photocopy these pages before writing on them.

- Bold tip pen

- Coins

- Vitamins or other small objects

- Labeled canned good in a cabinet or pantry

- Cup, tea bag, cold water, and towel

What Will I Do?

Exercise 5-1: Writing on Widely-Spaced Lines

- Use eSight while writing

Exercise 5-2: Hand-Eye Coordination

- Practice hand-eye coordination with coins

- Identify and pick up items in a cabinet

- Place a tea bag into a cup and pour liquids

Exercise 5-1: Writing on Widely-Spaced Lines

Hand-eye coordination while wearing eSight takes practice. This is especially true for writing. Practice writing on the Appendix page with the widest-spaced lines. Then, progress to the page with the smaller-spaced lines.

Which Mode Should I Use?

The easiest method is to use Indoor mode; however, you may find it beneficial to use Reading mode (which contains your preferred filter and manual focus). Experiment with each mode to find the one that best suits your needs.

Try It Out

1. Look at a sheet of widely-lined paper with eSight.

2. Using a bold tipped pen, place the pen on the paper on the first line.

3. Adjust zoom and contrast to help you see the page better. Writing typically does not take as much magnification as reading.

> For those with a central blind spot, use your eccentric viewing to see where the tip of the pen strikes the page. For more on eccentric viewing, see Module 9 Viewing with a Central Blind Spot (Optional).

4. Move the pen away, and then bring it back to the first line several times to increase your coordination and speed.

5. Write your full name, and follow the pen as you write.

6. On the second line, write something else and try to do it as naturally as possible.

   At first your writing may be uphill or downhill, which is normal for people with central vision loss. With practice, you will improve quickly.

7. Write all the way across the page. You may want to begin by writing without lifting your pen. As you become more comfortable, you can practice crossing t's and dotting i's.

8. Try writing a series of numbers on a new line.

9. Practice writing your name, address, and phone number.

5

10. Continue until you are comfortable. Repeat the exercise on narrowly-spaced paper.

11. As you progress, practice writing a check with the practice pages. Begin with the large one and progress to the smaller ones.

12. Try these exercises again with a standard tip pen.

Remember to adjust zoom and contrast as you go if needed. Use the eSight flashlight if you need extra light.

Exercise 5-2: Hand-Eye Coordination

5

There are other situations where you need hand-eye coordination, such as pointing your finger at an item on a menu or pressing the numbers on a phone. This exercise prepares you for those types of activities.

Practice With Coins

Try It Out

1. Sitting comfortably at a table, spread out several coins in front of you on the table.

2. Looking through eSight, locate one of the coins.

3. Adjust zoom and contrast as needed.

4. Slowly place your finger on the coin. It is quite normal for this to be difficult at first.

5. Continue to practice using other coins on the table. Move the coins from one area of the table to another and back again. Try to view only through eSight as much as possible.

6. Repeat these exercises with other small objects of various size and color, such as a vitamin. Be sure to use contrast if needed to help you find the object. Continue practicing with different objects to build your proficiency.

5

Finding and Picking Up Items in a Cabinet

Identifying and picking up items in your kitchen cabinet are essential skills for cooking and shopping with confidence.

Try It Out

1. Stand approximately half a meter (2 feet) away from a shelf or cabinet with canned goods on it. If the cabinet is not well lit, turn on the eSight flashlight.

2. Using the techniques you have learned, bring the labels into clear view and identify the food items on the shelf.

3. Place your finger on a label. This may take a few tries!

4. Look at another item in front of you and try to pick it up.

5. Adjust your reach and practice until you can identify and pick up items naturally.

Placing a Tea Bag into a Tea Cup

Try It Out

1. Using your natural vision to move around, place a tea bag and a tea cup on a table or counter.

2. Adjust zoom and contrast as needed and practice placing the tea bag into the empty cup and removing it from the cup.

3. Once you are proficient, try pouring cold water into your cup. If it is difficult to work with clear water, try a cold, non-clear liquid.   Have a towel handy for spills.

4. Practice until you are comfortable.

Challenge Yourself...

Challenge yourself with other hand-eye coordination activities. Be creative!

You might try:

- Writing in a crossword puzzle grid

- Doing hand crafts, such as crocheting

- Threading a needle and hand sewing

- Doing a jigsaw puzzle

- Using small hand tools such as a screwdriver

- Reading a measuring tape

Your comfort and ability with eSight will increase with practice.

5

Notes:

Module 6
Viewing Screens via Camera or HDMI

Your eSight 4 offers a lot of flexibility for viewing screens, such as your phone, tablet, computer, TV, or movie screens. In this module, you will begin by viewing screens with the eSight camera. Then, you will learn to connect your eSight to an external video source using the HDMI cable.

Later, in Module 7, you will learn about the most advanced features for viewing other media on your eSight.

> **Helpful Hint**
>
> Take advantage of the accessibility features on your electronic devices. Increase font and icon sizes. Then, you will need to magnify less with eSight. Refer to the Help section on your device to learn more about adjusting these settings.

6

What Will I Need?

- eSight

- Small video screens for practice (phone, tablet, or ATM)

- Large video screens for practice (TV or movie screen)

- Computer

- HDMI cables and splitter (if desired)

What Will I Need?

Exercise 6-1: Viewing Phones and Other Small Screens

- Practice minimizing reflections on screens

- Use manual focus for viewing a small screen

- Use manual brightness to correct washed out screens

Exercise 6-2: Viewing TV and Movie Screens

- Practice switching to TV/Theater mode

- Adjust manual focus

- Adjust manual brightness

6

Exercise 6-3: Working With eSight and Your Computer

- Apply the techniques learned for using a computer.

- Learn helpful hints for better viewing a computer screen

Exercise 6-4: Connecting Your eSight to HDMI

- Connect your eSight to an HDMI video source

Exercise 6-1: Viewing Phones and Other Small Screens

In this exercise, you will use the eSight camera to view small screens, like a phone, tablet, or ATM.

Which Mode Should I Use?

6

You can use Indoor mode to view your screen. However, based on your environment, Outdoor mode or TV/Theater mode might better suit your needs. Experiment with the different modes. Keep in mind that manual brightness is available in the TV/Theater mode. You can also set one of the custom modes for manual focus and manual brightness.

Try It Out

1. Place the visor in the partly tilted up position to allow more use of your natural vision in combination with eSight.

2. Look at your phone screen, and adjust zoom and contrast.

3. Hold your phone near a light source.   Look at it with eSight and tilt it at different angles to catch a reflection. Notice how the camera reacts.

4. Adjust the angle of the phone and/or change your position to minimize the reflection. Shield the screen with your hand if needed.

5. Look at the center of the screen, and let the camera adjust to the image. Look toward the left edge of the screen, so you see some background as well.

    As the eSight camera views all areas of a small screen, the camera range finder may detect the edge of the screen causing unwanted focusing.

6. If you are having trouble with the camera going out of focus, switch to a mode that uses manual focus and adjust it via the Context menu. Remember, you can personalize one of the custom modes to use manual focus and manual image brightness.

6

7. Adjust the image brightness if needed.

Managing Image Brightness

Viewing screens can be a challenge. Often these screens may appear too white or washed out. For example, some faces on a TV screen may appear to have no features or the overhead menu at a fast food restaurant may appear to have no writing on it. When this occurs, it is normally an issue with image brightness. Practice reducing the image brightness via the Context menu to solve this issue.

Remember that the TV/Theater mode is set by default to manual brightness.

---

8. Practice using various types of screens until you are comfortable. Remember key adjustments are zoom, contrast, and possibly focus and brightness.

6

Exercise 6-2: Viewing TV and Movie Screens

Larger screens, such as TV or movie screens, require similar techniques as small screens. Experiment with the level of zoom needed; it takes less magnification to identify pictures and more magnification to read text.

Which Mode Do I Need?

For this exercise, we recommend that you use TV/Theater mode for the best experience. However, the choice is yours. If you choose to remain in Indoor mode, you may find that the image is sometimes too bright. You can adjust it while in Indoor mode, but the setting will be lost if you reset the view.

Try It Out

1. Place the visor in a comfortable position to see the TV screen and switch to TV/Theater mode.

2. Adjust zoom and contrast.

3. Adjust image brightness as you did for small screens.

4. Practice watching TV with the eSight camera. Try different types of TV programs, like the news, a sporting event, or a movie.

Now that you have practiced with TV, go to a movie theater and enjoy a movie.

5. Start by sitting in the middle of the theater and move forward or back as needed to get the best view of the big screen. For best results, move back far enough to see as much of the screen as possible at your preferred magnification.

6. After finding your seating, switch to TV/Theater mode and adjust the brightness as needed.

7. Enjoy the show!

> ### Helpful Hint
>
> Remember to turn down the volume of the eSight narrator before the movie begins.

6

Exercise 6-3: Working With eSight and Your Computer

All of the skills learned in this module apply to viewing laptop or desktop computer screens as well.

This exercise provides tips to help you work comfortably with your computer.

Which Mode Should I Use?

As before, you may choose to work in Indoor mode. This may be adequate for your needs, or you may use TV/Theater mode. As you saw in the previous exercises, you may want a mode that offers manual focus and brightness.

Using a mode with manual focus may be desirable if you plan to look primarily at your computer. This will keep the focus stable and allow you to adjust it manually if needed. If you plan to move your gaze from your computer screen to your surroundings, you may want to choose a mode that utilizes auto focus.

Try It Out

1. Place the visor in the partially tilted up position. This position allows you to use your natural vision to look below the visor if you lose your place on the screen.

2. On your computer, open a few different websites, email, and other applications that you use regularly. Adjust zoom and contrast as needed.

3. If needed, adjust focus and brightness for the best image quality.

4. Try reading an email. Try typing a reply.

> ### Helpful Hint — Finding the Cursor
>
> It is often hard to find the mouse cursor. Use this easy method for any screen.
>
> • Move the cursor to the top left corner of the screen.
>
> • Look through the visor at the top left corner of the screen, and adjust zoom if needed.
>
> • Wiggle the mouse to locate its position.

6

5. Switch to another app and try reading text.

> ## Helpful Hint — Adjust Computer Settings
>
> **Adjust the Mouse:** Adjust the motion, visibility, and behavior settings of the mouse pointer.
>
> **Increase the Size:** Increase the size of applications and text on the screen, so you will not need as much magnification on eSight.
>
> **Change the Window Borders:** Adjust the width of window borders.
>
> **Adjust the Cursor:** Set the thickness of the blinking cursor.
>
> **Calm Your View:** Turn off confusing distractions, like animations and overlapping background images.
>
> **Use Accessibility Features:** Use the magnification utility and high contrast mode on your computer. Refer to the Help section on your computer for details.

6

Helpful Hint — Efficiency Tips

Use the Finder: This is useful for re-orienting yourself, widening your field of view, or finding a lost cursor.

Learn Keyboard Shortcuts: For things you do often, learn the keyboard shortcut to reduce your need for the mouse and improve overall efficiency.

Learn to Use the Tab Key: Press the Tab key to jump between text boxes in an online form. Learn the tab sequence of the dialog boxes that you use often to increase your speed significantly.

Standardize the Font Size Across All Apps: This reduces your need to adjust zoom frequently.

6

Exercise 6-4: Connecting Your eSight to HDMI

In the previous exercises, you learned to view screens using the eSight camera. Now you will learn to watch video from an HDMI video source (such as a computer, video game device, or DVD player) on your eSight.

Note: eSight is tested with a variety of appropriately equipped HDMI video sources; however, not all HDMI video sources and video resolutions are compatible with eSight. Refer to the User Guide for supported resolutions.

General Guidelines

1. You cannot connect your eSight directly to your TV (which is a receiver and does not output a signal). You must connect to a video source. Examples of video sources are cable or satellite boxes, streaming devices, video gaming systems, computers, and DVD players.

2. Your video source has an "HDMI OUT" port on it. Place the large end of the eSight HDMI cable into this port.

3. Place the small end of the cable into the port on the rear of the <u>left arm</u> of eSight 4.
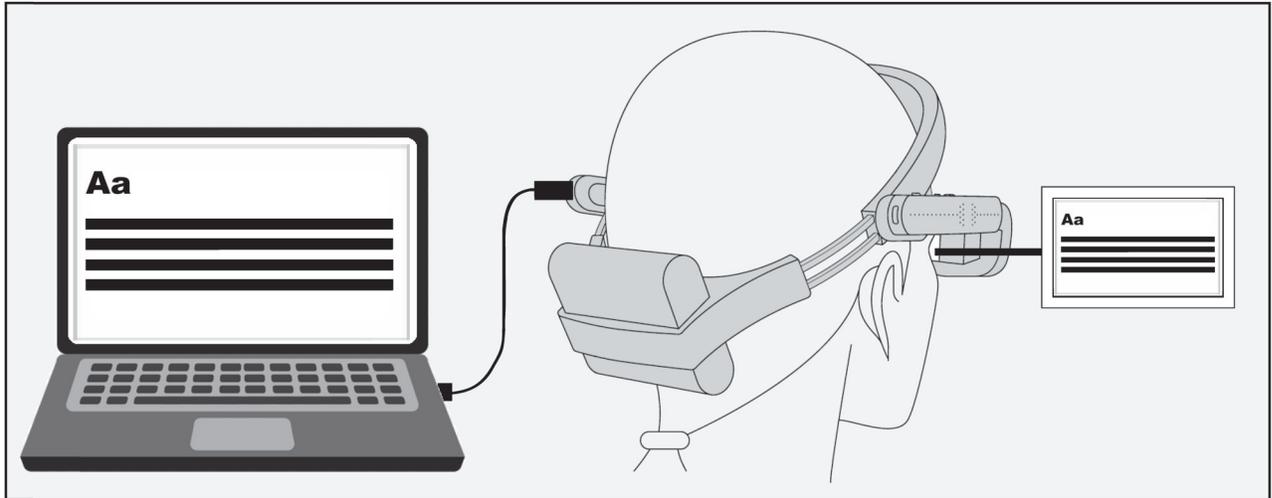
4. Video plays on the eSight 4 screens when it detects a supported video signal.

5. Adjust zoom and contrast as needed to enlarge and enhance the image.

6. Use head panning to view all parts of the image.

Why Use HDMI?

As we have learned in previous exercises, it is not necessary to use HDMI to watch TV or a movie. However, using the cable connection gives a crisp, clear image on the screens. Since the eSight camera is not providing the image, the image is not susceptible to lighting conditions, focusing issues, or brightness issues.

What is a Splitter and Why Would I Use It?

The HDMI connection described above provides a clear video image and sound comes from your eSight speakers. However, when you connect directly, you are the only one who can view the image, and you cannot use any special audio setup you normally have with your TV (such as home theater speakers).
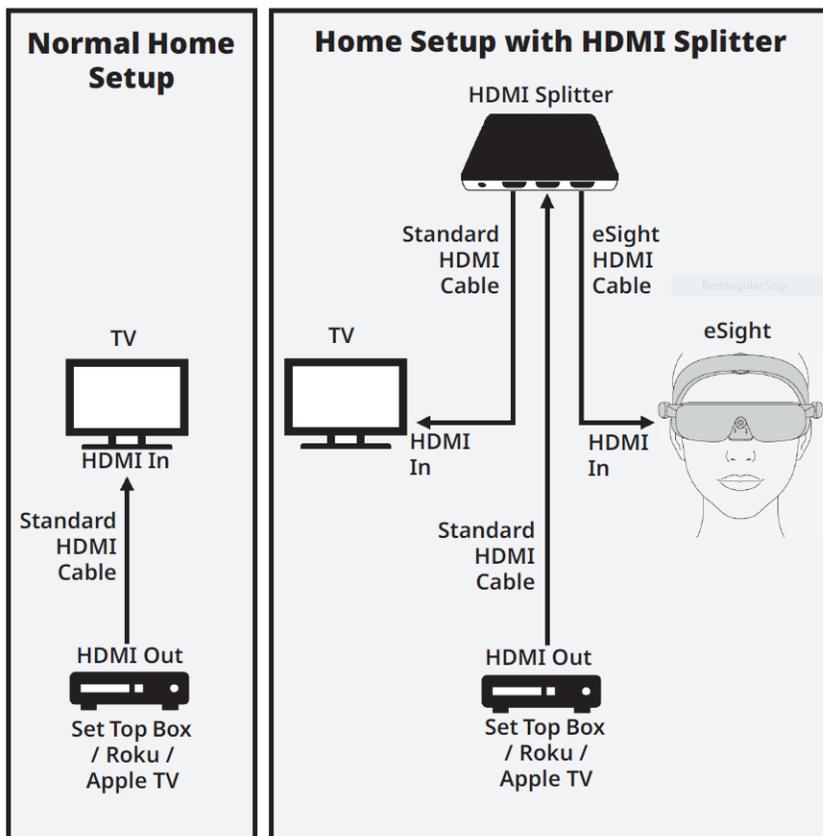
To take advantage of your speakers and share the video with your TV so others can watch with you, you need an HDMI splitter.

The splitter connects directly to your video source. The splitter then "splits" the video signal and sends it to two devices (your TV and eSight) via two HDMI output ports.

Refer to the eSight Reference Guide for more information. Contact your eSight coach if you need help.

Module 7
Pictures, Video, and Other Advanced Features (Remote and App Only)

With your eSight 4, you can take pictures, record video, and view them.

In addition, your eSight supports the following advanced features:

- **eReader (Remote & App)** — Read PDF files on eSight.

- **eShare (App Only)** — Show what is on your eSight screen on your phone or tablet.

- **Shared Access (App Only)** — Allows a family member or caregiver to remotely access your eSight.

- **eCast (App Only)** — View photos and video from your phone's storage on eSight.

- **eMirror (App Only)** — Mirror your phone screen on eSight.

7

What Will I Need?

- eSight

- Smart phone with eSight app

- PDF files on a computer

What Will I Do?

Exercise 7-1: Pictures, Video, and the eSight Gallery

- Take photos and videos

- View them in the eSight Gallery

- Delete items from the Gallery

Exercise 7-2: Using eReader

- Transfer PDF files from your computer to eSight

- View PDF files on eSight

- Delete PDF files from eSight

Exercise 7-3: Using eShare and Shared Access (App Only)

- Share your eSight screen with your phone

- Allow Shared Access of your eSight

Exercise 7-4: Using eCast and eMirror (App Only)

- View media stored on your phone with eCast

- Mirror your phone on your eSight with eMirror

7

Exercise 7-1: Pictures, Video, and the eSight Gallery

You can take pictures and record video easily with your eSight 4. These functions are only available with the remote and the phone app. Refer to the Reference Guide for specific instructions for your controller.

Try It Out:

1. Use your preferred controller to take several pictures.

2. Open the **Live View** menu (short press of **Context** button) and select **Record Video**. Tap the controller to start and stop recording. Use the **Back** button to exit video recording mode.

    eSight contains enough storage to accommodate a video no longer than 29 minutes.

3. To view the photos and videos you have saved, you will use the Gallery feature. Press the **Home** button on your remote or eRemote and choose **Gallery**. You can scroll through your photos and videos.

7

4. When you find a video or image you would like to view, select it.

> **Helpful Hint —**
> **Enhancing the Appearance of Gallery Items**
>
> After you have selected an image or videos from the Gallery to view, you can access controls for zoom and contrast by long pressing the Context button. This temporarily activates your controls to adjust zoom (images only) and contrast.
>
> Once you have added zoom to an image, move your head to pan the entire image.
>
> **NOTE:** Videos cannot be magnified.
>
> You can adjust contrast for both images and videos.

5. If you would like to delete an image or video, select it from the Gallery. Short press the **Context** button; options to delete the image or video appear on the screen.

6. You can use the Gallery option (available on the Home Screen of the app) to transfer images and videos to the storage on your phone. Select **Gallery**, select the items you want to transfer, and then select **Transfer**. These items will no longer be available on eSight.

> ### Helpful Hint
>
> Don't confuse the Home screen of the app with the Home Screen accessed via the Home button on the remote or eRemote.
>
> From the Home screen of the app, use the Gallery option to transfer images and videos to your phone's storage and remove them from eSight.
>
> From the Home Screen menu (accessed via the Home button on the remote or eRemote), use the Gallery option to view images or videos on eSight or delete them one by one.

7

Exercise 7-2: Using eReader

Your eSight 4 allows you to transfer PDF files from your computer to the internal storage on your eSight. These files can then be viewed on eSight using eReader.

7. **Try It Out**

> If you are using a Mac, you must install the Android File Transfer utility. Refer to the Reference Guide for details.

1. Using the USB-C cable (the same cable used to charge your eSight 4 and batteries), connect eSight to a USB port on your computer.

> While your eyewear is connected to your computer via USB-C cable, your eSight does not use power from the removable battery. It will drain the internal battery; the USB port on your computer will not charge eSight. Make every effort to work efficiently to avoid running out of battery.

2. Open your computer's file manager. Your eSight appears as a device listed as "eSight 4" (PC) or if you are using a Mac, open Finder and the Android File Transfer Utility.

3. Locate the PDF files you want to put on your eSight and drag them to the folder "eSight Documents".

> ### Helpful Hint
> You can transfer images and video files to your eSight in this same manner. Store the files in the eSight Pictures or eSight Videos folders as appropriate.

4. Disconnect your eSight from your computer and activate eReader via the **Home Screen** menu on your controller.

5. Your eSight lists the available PDF files. Choose the file you would like to read.

6. eReader opens the file. You can navigate the file using the directional controls of your controller.

7. To adjust zoom and contrast, use the **Context** button (long press) to have the directional controls temporarily control zoom and contrast. When you are finished with your adjustments, the controls will go back to scrolling the document after a few seconds.

8. You can delete PDF files from your eSight by short pressing the **Context** button and following the prompts to delete the file.

7

Exercise 7-3: Using eShare and Shared Access (App Only)

In the previous exercise, you connected your eSight to your computer with the USB-C cable. In this exercise, you will connect your eSight wirelessly to a phone via the eShare and Shared Access features. The phone will display the content of the eSight screens. It will also display a digital remote that can be used to control your eSight.

In order to use the eShare feature:

- Wi-Fi and Bluetooth are enabled on the phone

- eSight and the phone are paired via Bluetooth

- eSight and the phone are connected to the same Wi-Fi network

- eSight is turned on and within range of the Wi-Fi and Bluetooth connections

To use Shared Access:

- Your eSight is connected to Wi-Fi

- You have invited others to share your screen via the eSight app

- The person with whom you want to share your screen has an email address and an internet connection

7

Please refer to the Reference Guide if you need help with connectivity.

Try It Out

You can use eShare to show the contents of your eSight screens on your phone.

1. On the phone app, select **My eSight**, and then select **eShare**. The phone displays the contents of the eSight screens and a digital remote appears on the phone. This can be used to control eSight.

2. Try adjusting zoom and contrast with the digital remote.

3. To end sharing, select the **X** in the upper left corner of the phone screen, and then select **Disconnect**.

The eSight screens can also be shared to another phone via the Shared Access option on the My eSight menu.

Before you can share with another phone, you will need to invite that person to share your screen. The person you invite must be connected to the internet to use this feature.

7

Try It Out

1. From the **My eSight** menu, select **Shared Access**.

2. Select **Invite User** and enter the email address of the person you want to invite.

    The invited user receives an email with a user name and temporary password that they will use to set up an eSight account.

3. Once they have completed this login process, they can then access your eSight by entering your email address or your eSight asset number.

    Your eSight displays a message asking for permission to allow the sharing.

4. Select **OK** to begin sharing.

5. As with eShare, the contents of the eSight screens and a digital remote displays on the phone. Your eSight can be controlled remotely.

6. To stop sharing, the invited user should select the **X** in the upper left corner of the screen and then select **Disconnect**.

Exercise 7-4: Using eCast and eMirror (App Only)

In the previous exercise, you shared your eSight screens with a phone via the app. In this exercise, you will share the contents of your phone with your eSight. As before, the phone and the eSight must be connected via Bluetooth and they must be on the same Wi-Fi network.

You will use two advanced features called eCast and eMirror. These features do similar things, but differ in important ways:

eCast allows you to view images and videos that are stored on your phone. You will view them wirelessly with eSight. The files are NOT transferred to your eSight.

eMirror allows your entire phone screen to be shared with eSight. This includes all the apps on your phone.

Try It Out

1. On the app **Home** screen, select **eCast**. You will then see the images and videos that are stored on your phone. Select the items you would like to view on eSight, and then select **View on eSight**.

7

2. The images or videos appear on your eSight screens. Use the directional controls on your controller to scroll from one to the next. You can zoom (images only) by long-pressing the **Context** button to temporarily have the controls adjust zoom and contrast.

3. When you are finished viewing, select **Stop Casting**.

Now you can practice using eMirror.

1. From the eSight app **Home** menu, select **eMirror**. Then choose **Start broadcast**. Your phone's screen will then be visible on eSight.

2. Switch to a different app on your phone. At this time, zoom is not available on eSight while using eMirror. However, you can adjust zoom on your phone and the changes is reflected on eSight.

3. To stop mirroring, tap the red bar at the top of the screen or return to the eSight app and select **Stop Broadcast**.

7

Module 8
Mobility with eSight

What Will I Learn?

- Use the headset in the partially up position for mobile situations

What Will I Need?

- eSight

Exercise 8-1: Walking While Wearing eSight

This exercise provides general guidelines for moving around while wearing eSight. Use caution and take appropriate safety measures as you proceed.

The following mobility techniques apply whether you are indoors or outside. Always set your eSight to Indoor or Outdoor mode, as needed, before you begin. For mobility activities, always have the visor tilted up.

8

Helpful Hints

At first, practice in familiar locations. When you are comfortable, move carefully to unfamiliar locations.

Try It Out

1. We recommend that you use gestures to control eSight while walking. Use caution if you use the remote or app.

2. Use your natural vision to look around. Be aware of any uneven surfaces or trip hazards in the area.

3. With your head held high, walk carefully using your natural vision. Glance up into the displays for more detail, keeping in mind that your depth perception may be altered.

    If you prefer a larger field of view, lift the visor all the way up to use your natural vision.

Helpful Hints

You may find it beneficial to take some training in orientation and mobility techniques from a specialist in low vision. This can enhance your ease of mobility with eSight.

8

Module 9
Viewing with a Central Blind Spot (Optional)

If you have an eye disease that affects your central vision, you may benefit from using a technique called eccentric viewing to make effective use of your remaining vision.

What Will I Do?

- Find the best eccentric viewing position

- Develop eccentric viewing skills

What Will I Need?

- eSight

- Appendix

- Sheet of paper and bold marker

- Reading stand

- 5-6 household items (prescription bottle, salt shaker, fork,...)

- Large print and standard playing cards

- Your helper!

9

Exercise 9-1: Finding and Holding the Best Eccentric Viewing Position

Try It Out

1. Before putting on eSight, hold page A15 at an appropriate viewing distance, and with your better eye, look at the center of the clock face. Try to point your eyes to the area of the center, even though this may be in your blind spot.

2. While keeping your gaze on this area, see if you can recognize any of the numbers on the clock.

   Take your time. Determine if there is one area that is better than another. The number may not be clearly recognizable, but this exercise helps you identify your best area of usable vision for eccentric viewing.

   For example, if you look towards the center of the clock and find the number 5 looks best to you, to see the center of the clock, point your eye toward the 11 o'clock position. With practice, you can learn to recognize things using this eccentric viewing technique.

3. Practice switching between the number you see best and the center of the clock.

9

4. Place Page A5 on a reading stand approximately 3 meters (10 feet) away from you.

5. Now put on eSight, and adjust it to your preferred settings. Use enough magnification to make the symbols legible without over magnifying.

6. Just as you did when viewing the clock face, use eccentric viewing to identify each symbol.

7. As you progress through the chart, practice switching quickly from one symbol to another.

> For a larger field of view, use only enough magnification to see comfortably.
>
> If you're using the remote or the app, use Freeze if the image is shaky at a higher magnification.

9

Practice Makes Perfect

Eccentric viewing takes five or ten minutes a day of practice to ensure good skill development.

Repeat the techniques in this exercise by viewing objects, like a picture on a wall, a coffee pot, or a vase, using eccentric viewing and minimal zoom.

As you become proficient, use the smaller symbols on Page A6. Look for as long as possible at the smallest symbols on the chart using eccentric viewing.

9

Exercise 9-2: Tracking Moving Objects

> Fold a sheet of paper in half lengthwise twice, so you have a strip that is approximately 5 cm x 28 cm (2 in. x 11 in.). At one end of the strip, draw a smiley face approximately 3 cm (1 in.) in diameter. On the backside, draw another smiley face 1.5 cm (0.5 in.) in diameter. Use these targets for this exercise.

Try It Out

1. Ask your helper to hold the largest target approximately 40 to 50 centimeters (16 to 20 inches) from you.

2. Using as little zoom as possible, identify the symbol on the target.

3. Using eccentric viewing, make the symbol as clear as possible, and then hold that position for at least 10 seconds.

4. Ask your helper to slowly move the target in one direction at relatively the same distance from you, while you track the target using eccentric viewing.

    You may need to move your head a bit to keep the target aligned with the eSight camera. If you lose view of the target, ask your helper to move it back to the center and try again.

9

5. Next, repeat the exercise again with the smaller smiley face.

6. Repeat the exercise again until you become proficient. Challenge yourself by using smaller targets.

> ## Practice Makes Perfect!
>
> Hold your eccentric viewing position on the smallest shape for as long as possible. Can you hold it for 15 seconds? 20 seconds?
>
> Practice several times a day. In time, you will be able to hold the position for longer with less effort.

Exercise 9-3: Looking Quickly Between Two Objects

Try It Out

1. Place Page A5 on a reading stand approximately 45 centimeters (18 inches) away from you.

2. Using as little zoom as possible and eccentric viewing, identify the symbol in the upper left corner of the page.

9

3. After you see the symbol, move your eyes quickly to the symbol in the lower right corner, and use eccentric viewing to view the symbol. You may also need to move your head slightly.

4. Repeat this movement several times until you are doing it successfully.

5. Using the same technique, start on the lower right and move your eyes quickly to the upper left.

6. Repeat this movement several times until you can do it successfully. Challenge yourself by choosing symbols in different positions.

7. Repeat the exercise again using the smaller targets from Page A6. Use minimal zoom to identify targets, and then use eccentric viewing.

9

Exercise 9-4: Looking at Multiple Objects

> Move your head slightly while using eccentric viewing to align the camera with the target.

Try It Out

1. While seated at a table, place 5-6 small objects in front of you.

2. Using eSight, identify the first object on the table, and then use eccentric viewing to see the first item clearly.

3. Move your eyes from the first object to a second object while using eccentric viewing to identify both objects.

4. Practice this exercise with all the objects on the table.

5. Using the large print playing cards, hold seven cards in your hand, and place the remaining cards in a stack further away from you on the table.

6. Align all seven cards in your field of vision at one time.

7. Adjust eSight to bring the playing cards into view, so you can easily identify the numbers on the cards.

8. Slowly move your eyes into eccentric viewing, so you can go from one card to another to correctly identify all seven cards.

9

9. Now, look at cards stacked further away from you on the table, and if necessary, increase the magnification.

10. Look back to the cards in your hand, and if necessary, decrease the magnification.

Practice Makes Perfect!

Try a game of Solitaire using large print playing cards.

Can you see each pile of cards using eccentric viewing?

Move a card to another position, following it with eccentric viewing. If you lose the card in the middle of the movement, try again.

Increase the difficulty by using standard playing cards.

9

Notes:

7 9

4 2

3 9 1

6 4 8

8 2 7

2 5 8

8 7 2

8 7 2

2 3 6 3 5

3 9 4 1 7

1 3 8 2 6

6 8 9 4 5

2 9 4 7 9
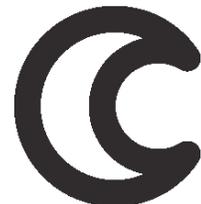
bed

cat

fad

eye

fun

joy

tar

why

wet

war

lap

odd

jet	cat
hut	cut
bus	how
spy	egg
hot	add
had	ego
hat	gym

pull	shop	loop
arrow	rose	news
jaws	lady	know
limp	limb	junk
fear	echo	cake
dirt	corn	fast
fury	heat	lean

If you can read this text, you may read more.

Our heavy coats keep us warm.

The fruits came fresh from their own garden.

Reading my book is a thing I like very much.

He told me a long story about an angry swan.

Those big fires will keep us warm and happy.

The child made a nice drawing of your house.

The game was over before he could join.

I wonder how well they can see the new moon?

CHEQUES NOW INC.
1234 ANY AVENUE S.W.
ANY TOWN, PROV.
A1B 2C3

001001

DATE

2	0	Y	Y	M	M	D	D
		Y	Y	M	M	D	D

PAY to
the order of

$

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ANY COMPANY IN ANY TOWN
ANY TITLE

YOUR FINANCIAL INSTITUTION
ANY STREET,
YOUR CITY

PER

FOR

⑈0⑈00⑈⑈ ⑈:22419⑈899⑈: 1500⑈1554583⑈

WATERMARK IN CHEQUE HOLD UP TO LIGHT TO VERIFY - RED IMAGE ON BACK FADES WHEN TOUCHED
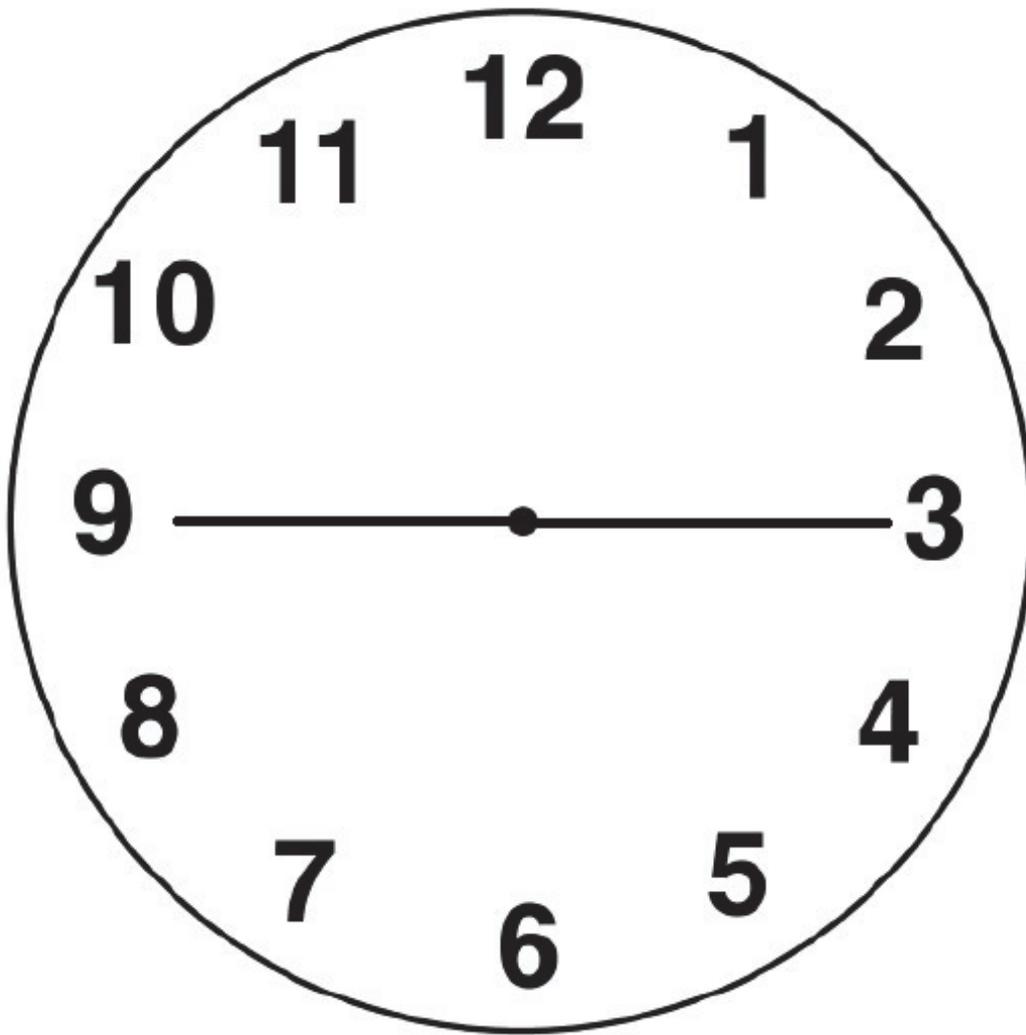
Distance Acuity

See the chart on the next page.

The chart is provided as a guideline only. It is not intended to replace a proper visual assessment by a trained eye care professional.

Instructions for Use

1. View from a distance of 5 feet (1.5 meters) with your normal distance spectacle lenses or contact lenses, if applicable.

2. Ensure ample light and minimal glare.

1	F P
2	L P E D
3	E D F C Z P
4	D E F P O T E C
5	L E F O D P C T
6	P E Z O L C F T D

Calibrated for 5 Feet

Notes: