The **See Clearly Method**™

How to Get Started Quickly
3 EASY STEPS

1. Watch the Overview Video

- **A 14-minute introduction** to the See Clearly Method, including brief demonstrations of each exercise.

2. Do Exercise Session 1

- **You've received 4 different, convenient ways** to do the <u>same</u> simple program – video, audio, computer CD ROM, and written instructions. Choose the one that works best for you.

- **Measure your current vision** before you start. Do the "Word Chart Measurement," page 13 of the Daily Progress Journal. This way, you'll have an objective way to tell your vision is improving.

- **Do all or part of Session 1** once a day for a week.

- **Whenever possible, remove your glasses or contacts** while doing the exercise sessions.*

  *Do not remove glasses or contacts or do eye exercises while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity or any other activity that requires clear eyesight.

3. Read "What To Do Each Day"

- **Read this section starting on page 42** of the Instruction Manual to adapt the program to your busy lifestyle.

- **Do as much as you have time for,** but commit to doing something every day. The key is consistency. (See page 43-44 of the Instruction Manual for flexible time options.)

★ **FOR MAXIMUM RESULTS:** If you're not pressed for time, we recommend going through the "10 Steps to Success," page 2 of the Instruction Manual.

IF YOU HAVE ANY QUESTIONS or if you need help getting started, please call a trained See Clearly Method consultant toll-free at 877-232-3598, Monday-Friday 9 am to 5 pm Central time.

Important Instructions on Using Acrobat Reader

You are now in an application called Acrobat Reader, which allows you to read text files on this CD ROM. (You'll also be using Acrobat Reader to access the Instruction Manual and the Daily Progress Journal.) Here are some simple but important points that will make it easier for you to use Acrobat Reader.

A. Paging Through A Document

To go to another page:
- To go the next page, click the Next Page button ▶ in the command bar or status bar, or choose Document, then click on Next Page.

- To go to the previous page, click the Previous Page button ◀ in the Command bar or status bar, or choose Document, then click on Previous Page.

- To move down one line, press the Down Arrow ▼ key (bottom of vertical scroll bar, far right of screen).

- To move up one line, press the Up Arrow ▲ key (top of vertical scroll bar, far right of screen).

Note: *In Single Page mode (the page fills the entire screen), the Down and Up Arrow keys move you one page at a time.*

- To move down one screenful, press Page Down (PgDn) or Return.

- To move up one screenful, press Page Up (PgUp) or Shift + Return.

- To go to the first page, click the First Page button |◀ in the command bar or status bar, press the Home key, or choose Document, then click on First Page.

- To go to the last page, click the Last Page button |▶ in the command bar or the status bar, press the End key, or choose Document, then click on Last Page.

To jump to a page by its number:
Do one of the following:
- Choose Document, click on Go to Page, type the page number, and click OK.

- Drag the vertical scroll bar until the number of the page you want to jump to is displayed.

B. Printing a Page
To print a page of the document, click the Print button, or choose File, then Print. Then specify the page(s) you wish to print, and click OK

C. Exiting
To return to the main See Clearly Method menu, choose File, then click on Exit, or click the X box in the upper right corner of the screen.