

MRF Online – Patient Telehealth Quick Start Guide

1. Logging in to the MRF Vision System

You can log in to the MRF Vision System either by selecting the URL sent to you by your eye-care provider (this is the most common method) or by logging in via your MRF Online Account.

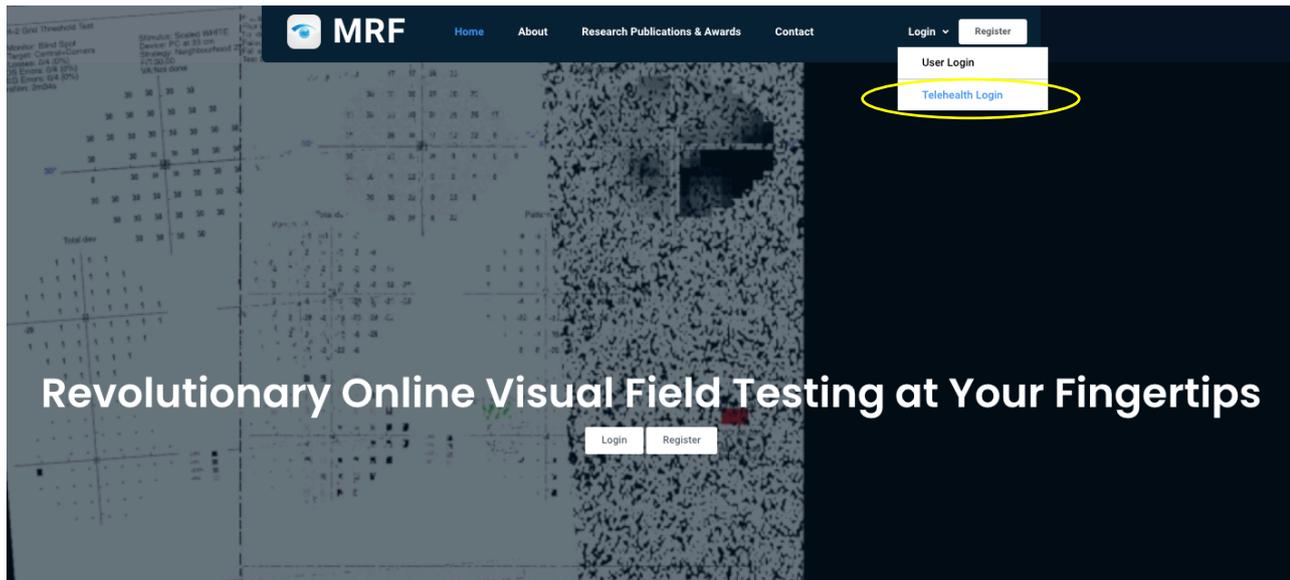
a. Logging in via a Telehealth URL

If your eye-care provider has provided you with a telehealth URL, do the following to log into the MRF Online Vision System:

1. Click on the telehealth URL provided by your eye-care provider
2. Enter your year of birth
3. Click
4. Click  Start Test
5. Proceed to section 2. Screen Calibration

b. Logging in via your MRF Online Account

If you have been given Telehealth Clinic Code and Patient ID from your eye-care provider then, do the following to log into the MRF Online Vision System:



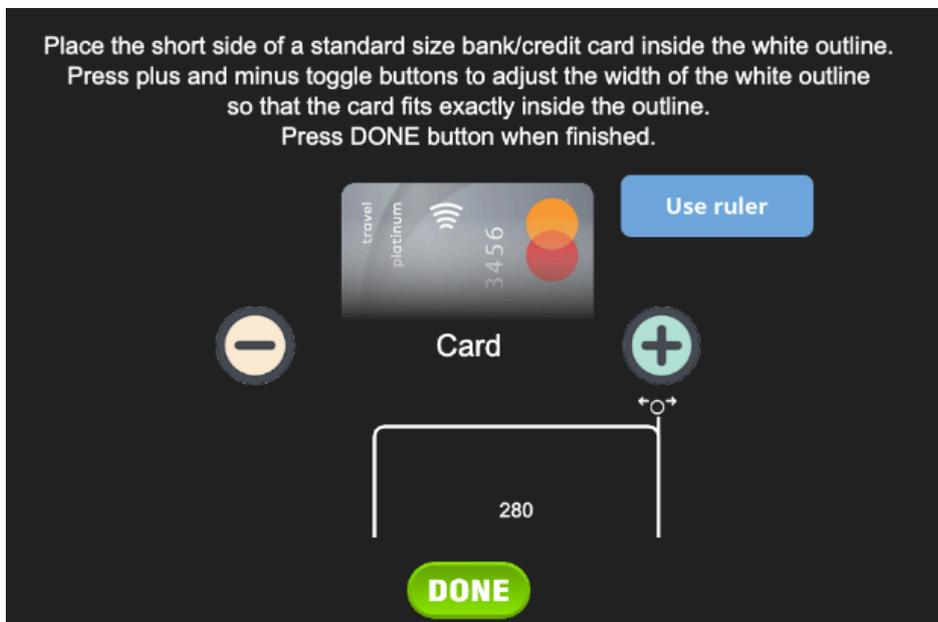
1. Navigate to MRF web site via your web browser
 - a. For UK / EU navigate to the website www.visioninhome.uk
 - b. For Australian /NZ customers navigate to the website www.visioninhome.au
 - c. For International customers navigate to the website www.visioninhome.com
2. Select **Telehealth Login** from the Login menu on the top right hand corner
3. Enter your **Telehealth Clinic Code** and **Patient ID** as provided by your eye-care provider

4. Click
5. Click  Start Test
6. Proceed to section 2. Screen Calibration

2. Screen Calibration

It is essential that you perform a screen calibration before you test your vision. The calibration only needs to be performed once unless you decide to test on a different screen in which case it will need to be repeated. To perform a screen calibration, do the following:

1. Click
2. The calibration screen will open. Hold a standard bank/credit card against the screen in the white box that appears. You can also use a ruler with 5 cm measurement by clicking the use Ruler button.



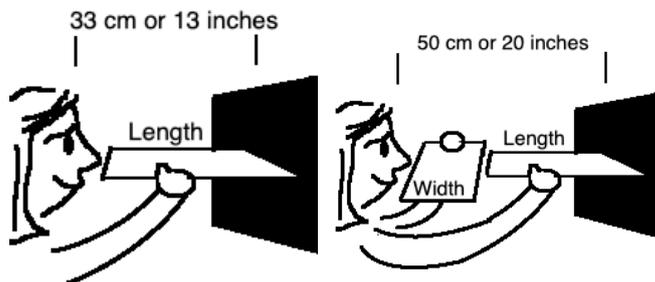
3. Click the  and  until the edges of the white box match the edges of the card or 5 cm on the ruler.
4. Click . The screen calibration is complete
5. If you have a Web-cam or front facing camera, you can enable the camera to monitor viewing distance throughout the test.

5.1.1. The web-browser will ask to Allow Access to Camera, select Allow

To set a reference, move your face to the specified viewing distance (eg. 33 cm , 40 cm or 50 cm) . This viewing distance is specified under the Calibration section

<p>Calibration</p> <p>This step is important to ensure vision test is accurate for your computer screen.</p> <p>If you are using a tablet such as an iPad or Android tablet, please ensure it is in landscape mode for best performance.</p> <p>Make sure your computer screen is set to maximum brightness to start with. You should repeat this calibration step if you are using a different computer screen to perform the test.</p>	<p style="text-align: center;">Calibration Done</p> <p style="text-align: center;">Repeat Calibration</p> <p>You should repeat this calibration step if you are using a different computer screen to perform the test.</p>	
<p>Webcam Viewing Distance Estimation</p> <p>This analysis will begin once reference distance has been set.</p>	<p style="text-align: center;">Viewing Distance is 50 cm</p> <p style="text-align: center;">Webcam: Detected</p> <p>Please place face 50 cm from the screen then click the Set Reference button below</p> <p style="text-align: center;">Set Reference</p> <p style="text-align: center;">Face detected, please set reference. Covered eye: _____</p> <p style="text-align: center;">Bright background light detected, recommend dimming room light</p>	

5.1.2. For convenience 33 cm is approximately the length of an A4 (letter) size paper. For 40 cm, it is approximately the length of an A4 (letter) size paper plus half width of an A4 (letter) size paper. For 50 cm, it is approximately the length of an A4 (letter) size paper plus the width of an A4 (letter) size paper.



5.1.3. Once your face is at the specified viewing distance, click on the **Set Reference** button and it will set the reference for viewing distance. The distance between your face and the screen will then be calculated in real time based on this reference.

6. Proceed to section 3. [Setting Up](#)

3. Setting Up

Prior to testing your vision with the MRF Vision System, please ensure you are set up correctly by strictly adhering to the following steps:

1. Dim the room lights
2. Ensure you are seated comfortably, within easy reach of your keyboard and mouse
3. Turn the volume of your speakers up to hear the voice over directions
4. Set the brightness of your computer screen to maximum. This needs to be checked each time you do a test.
5. Ensure there are no reflections on your screen from windows, doors, or lights around you
6. Wear your reading glasses (if you do not require glasses to read then you do not need to wear anything)

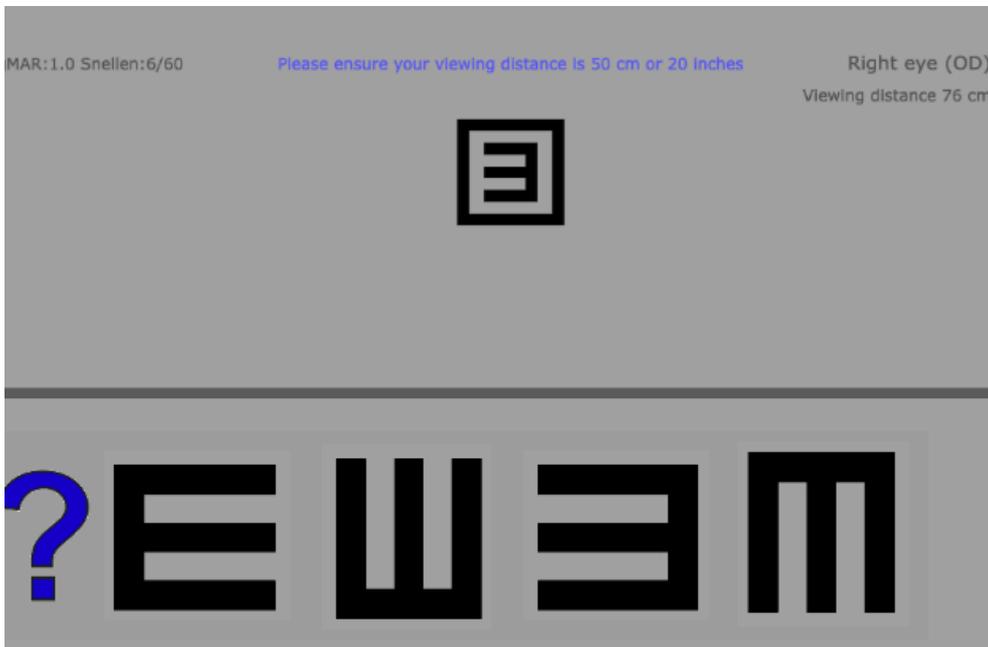


7. Block the eye that is not being tested by covering it with a piece of clean tissue or by placing a tissue over your glasses as shown in the image
8. Ensure you maintain the correct viewing distance from the screen. On screen instructions will advise of the correct viewing distance (typically 33, 40cm or 50cm). 33 cm is approximately the length of an A4 (letter) size paper. For 40 cm, it is approximately the length of an A4 (letter) size paper plus half width of an A4 (letter) size paper. For 50 cm, it is approximately the length of an A4 (letter) size paper plus the width of an A4 (letter) size paper.
9. Proceed to section 4. [Testing Your Vision](#)

4. Testing Your Vision

Your eye-care provider may have assigned you one, or several, vision tests. To commence testing, ensure you have blocked the eye not being tested, turned your screen brightness to maximum, and are positioned at the correct viewing distance (see Section 3. Setting Up).

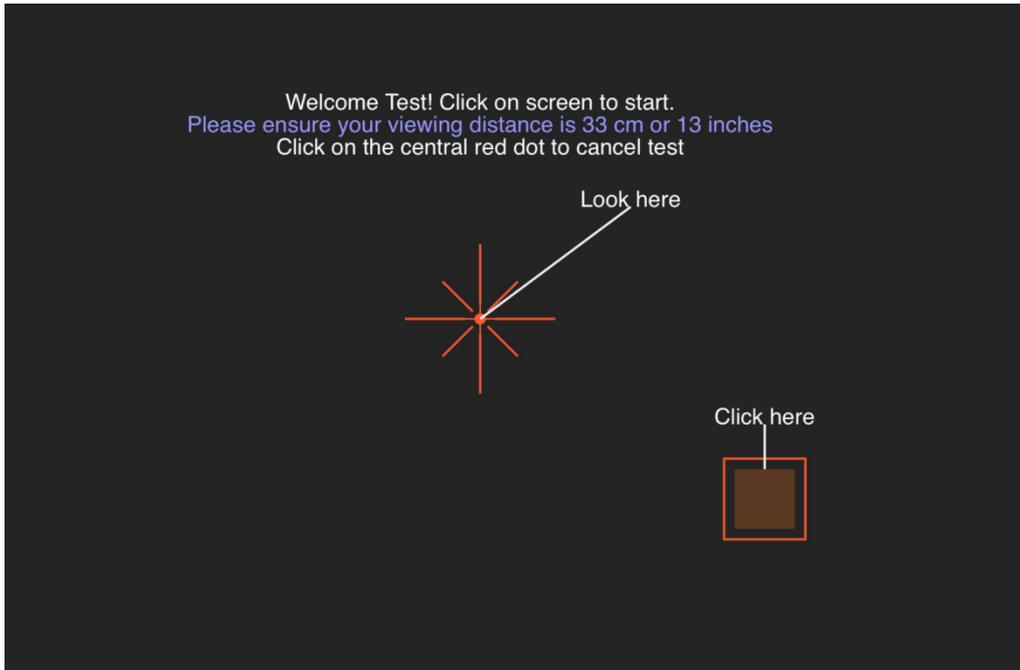
a. Visual acuity test



Visual acuity tests the clarity of the central part of your vision.

- i) To test the right eye, click  and to test the left eye click 
- ii) The visual acuity tests require you to match the boxed shape in the centre of the screen with one of the shapes at the bottom of the screen. Click on the correct shape with your mouse. If you are unsure, click the question mark.
- iii) The test will stop automatically when you have reach down to the smallest shape that you are able to see clearly.

b. Visual field test

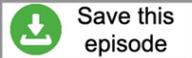


The visual field test measures your peripheral vision.

- i) To test the right eye, click and to test the left eye click
- ii) You must look at the red cross in the centre of the screen and click the mouse each time you see a white or grey spot flash in the side of your vision. The red cross will move to each of the edges of the screen during the test.
- iii) Follow the voice instructions of the test until the test is completed.

5. Saving the Test

Once you have completed all the tests ordered by your eye-care provider, move to the Save Test section and save

your results by clicking button . This will save the test and allow your eye-care provider to review the test.