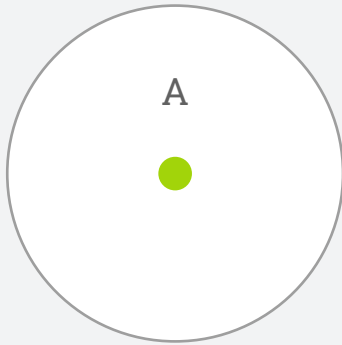


Liftware works best for tremors less than 1.75 inches (4.5 cm). If you have trouble with eating because of your tremor, here's one way to check if Liftware is right for you.

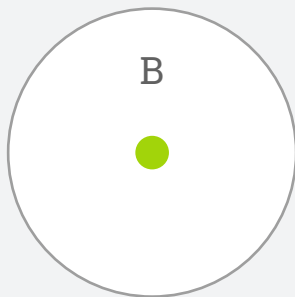
1. Print out this page (available at [www.liftware.com/test](http://www.liftware.com/test)) and take a seat.
2. Hold a pen in the hand you use to eat.
3. Start with circle **A** and hover the tip of the pen about 1/4" over the dot.  
Now count to 5 and see if you can keep your pen in the circle the whole time.
4. Repeat with circles **B** and **C**. Which is the smallest circle you can keep your pen in for 5 seconds?



**Which is the smallest circle you can hover your pen within for 5 seconds?**

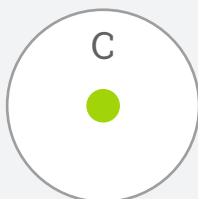
**Circle A: Cautiously optimistic.**

If you can keep your pen in circle A, but not B or C, then Liftware will help on some days depending on the severity of your tremor.



**Circle B: Liftware recommended.**

If you can keep your pen in circles A and B, but not C, then Liftware should provide relief most of the time you use it.



**Circle C: Liftware highly recommended.**

If you can keep your pen in all the circles, but you have trouble eating due to tremor, then we expect Liftware to work well for you.

**Don't have a printer?** Adjust the zoom settings on your screen so that Circle C is about the size of a U.S. quarter and hold your pen up to the screen. Or contact us at [support@liftware.com](mailto:support@liftware.com) and ask us to mail you the printed test.