



## How To Take Iris Pictures

**Please follow the guidelines below to ensure a good quality picture of your eyes.**

Directions for taking iris pictures with your mobile phone:

1. Use the camera feature on your cell phone
2. Increase magnification by spreading the screen up to 4.8
3. Illuminate your eye by shining a penlight or flashlight at the SIDE of your eye
4. Use indoor daylight (no indoor night)
5. Minimize glare from windows/lights (it's best not to face a window)
6. Do not take a "selfie." Turn the phone around & take picture OR have someone hold the phone approximately 4 inches away from you and take a picture of your eye
7. Look straight at the lens and do not shift the position of your eye
8. Optional: Use tripod to hold the phone. Plug earbuds into the phone. Click the volume button on the cord to take the picture.
9. Repeat the process with the other eye
10. Save the pictures to your camera roll
11. Send the pictures to: [lori@healthwise-solutions.com](mailto:lori@healthwise-solutions.com)

Make sure the pictures are clear. If the top of the eye or bottom of the eye does not show, spread the eyelids open so they do. Keep in mind that if the pictures are not clear to you, I will not be able to see the markings in your iris.

Once your pictures are received and approved, an email will be sent to give you confirmation and instructions for receiving your consultation and results.