

# READING GLASSES STRENGTH GUIDE

1. Print out the PDF or read directly from your screen.
2. If you choose to read directly from your screen, be sure the PDF's zoom setting is set to 100% before you continue.
3. At eye level, read the chart from top to bottom at a distance of 14 inches. The first line you have difficulty reading will list the power of lens you need.

If this is the first line you can clearly read, your strength is	+1.00
If this is the first line you can clearly read, your strength is	+1.25
If this is the first line you can clearly read, your strength is	+1.50
If this is the first line you can clearly read, your strength is	+1.75
If this is the first line you can clearly read, your strength is	+2.00
If this is the first line you can clearly read, your strength is	+2.25
If this is the first line you can clearly read, your strength is	+2.50
If this is the first line you can clearly read, your strength is	+2.75
If this is the first line you can clearly read, your strength is	+3.00
If this is the first line you can clearly read, your strength is	+3.25

If you choose to print, double-check this line  to ensure it measures one inch (1").