Find your strength

# Use the eye chart below to determine what strength you need for your reading glasses.

Hold the chart 12 to 14 inches away from your face. If you’re wearing reading glasses, be sure to take them off for the most accurate results.

**1**

**2**

Read the chart from the top down. If you can’t read the top line, just move down to the next. Keep moving down until you can **clearly** read a full line.

**3**

**4**

When you can clearly read a line, look at the strength listed for that line. **That’s your strength!**

If you can read this, +1.00 is the right strength for you.

If you can read this, +1.25 is the right strength for you.

If you can read this, +1.50 is the right strength for you.

If you can read this, +1.75 is the right strength for you.

If you can read this, +2.00 is the right strength for you.

If you can read this, +2.25 is the right strength for you.

# If you can read this, +2.50 is the right strength for you.

If you can read this, +2.75 is the right strength for you.

If you can read this, +3.00 is the right strength for you.