


Finding your correct Strength

1. Print out this chart on a4 paper, once printed this line  should be 1"/2.5cm in length.
2. Position the paper approximately 14"/35cm from your eyes
3. Without wearing glasses starting at the top, work your way down the chart and identify the first line you can read clearly.
4. The number to the right is a guide of which strength you will need.
5. Once you receive your glasses you can use this chart to see the difference

DIOPTRE CHART

If this is the first line you can see this clearly, please select

+1.00

If this is the first line you can see this clearly, please select

+1.50

If this is the first line you can see this clearly, please select

+2.00

If this is the first line you can see this clearly, please select

+2.50

If this is the line you can see this clearly select

+3.00

For near vision and reading only. Not for driving or vehicle operation, distance vision or use as eye protection. Only regular eye-care professional eye examinations can determine your visual needs and eye health.

www.thereadingglassesshop.co.uk

