



# What Strength Is Right for You?

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

## THINGS TO REMEMBER

- 1 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.
- 2 Read the chart from the top down. If you can't read the top line, just move down to the next.
- 3 Keep moving down until you can **clearly** read a full line.
- 4 When you can clearly read a line, look at the strength listed for that line. **That's your strength!**

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

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

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

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

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

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

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

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

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