



Eye Chart

Follow these simple steps to use the eye chart below as a guide to help you discover what strength reading glasses are suitable for you.

1. Print this page onto A4 paper and position yourself, without any glasses on, such that your eyes are approximately 14 inches or 36 cm from this page.

2. Each line of text on the chart relates to a strength or dioptre. Start at the largest and top line of text and work your way down the sizes until you reach a line which you are unable to read clearly and comfortably. The line at which this occurs indicates which strength reading glasses are suitable for you and you can read off the appropriate and related strength.

	Strength
If this line is difficult to read, use	+3.00
If this line is difficult to read, use	+2.50
If this line is difficult to read, use	+2.00
If this line is difficult to read, use	+1.50
If this line is difficult to read, use	+1.00