

Reading glasses strength chart

Follow the steps below to determine the proper strength for your reading glasses.

1. Print this file at actual size (100% scale).
2. Hold the page at approximately 40cm from your face.
3. Begin reading the chart from top.
4. If you can't read the top line, keep moving down until you can clearly read a line.
5. The strength that works best for you is listed to the right of the line.

We recommend...

This strength if this is the first row you can read: +1.00

This strength if this is the first row you can read: +1.50

This strength if this is the first row you can read: +2.00

This strength if this is the first row you can read: +2.50

This strength if this is the first row you can read: +3.00

This strength if this is the first row you can read: +3.50

GLAS