



## WHAT POWER READING GLASSES DO I NEED?

### Using the Strength Chart:

Print this page out on your printer at Actual Size. You cannot use this chart by looking at your screen due to size and resolution differences among devices.

When printed the chart should print out at 7.5 inches wide.

To find the right lens power for you, read the chart at the normal reading distance of 15 to 16 inches. The first line you have difficulty reading is the suggested power for you at that distance.

If most of your reading is done on a tablet or computer screen then you need to determine your normal distance from that device and adjust appropriately. The further away from the screen, the less lens power you will need. For example if your computer screen is 18-20 inches away, then you can reduce your power by one half.

## WHAT'S MY POWER CHART

WHEN PRINTED OUT AT THE RIGHT SIZE, THIS BOX SHOULD MEASURE 7.5 INCHES

<b>+3.00</b>	If you can read this, then +3.00 is the suggested strength for you.
<b>+2.50</b>	If you can read this, then +2.50 is the suggested strength for you.
<b>+2.25</b>	If you can read this, then +2.25 is the suggested strength for you.
<b>+2.00</b>	If you can read this, then +2.0 is the suggested strength for you.
<b>+1.75</b>	If you can read this, then +1.75 is the suggested strength for you.
<b>+1.50</b>	If you can read this, then +1.50 is the suggested strength for you.
<b>+1.25</b>	If you can read this, then +1.25 is the suggested strength for you.
<b>+1.00</b>	If you can read this, then +1.00 is the suggested strength for you.

**Note:** Ready to wear readers do not replace prescription eyewear. It is important to have regular exams by your eye care professional to determine your eye health and vision needs.