

- Hold this card about 40cm (16 inches) away from your eyes—or where you want to be able to see clearly.
- Using reading glasses, see if you can read the 20/30 line clearly. If you can read it clearly closer than 40 cm, the power is too strong. If you can read it clearly farther away than 40 cm, the power is too weak.
- Try another power of reading glasses until you can read the 20/30 line at the distance you want to see clearly.
- Then find the style of glasses you like in that power.

8 7 4 5 B E U C 20/400

6 3 9 2 5 C Y M C E

3 4 8 2 1 A B E P F G 20/200

8 6 3 2 9 C H E Z X U

9 7 3 5 2 E F G B I O

2 6 9 3 1 A Y U F M E 20/100

3 7 9 4 0 E B C R 20/80

4 5 2 1 F H O M 20/60

3 8 7 5 G B C N 20/40

1 6 2 5 S F B X 20/30