

Hold this card about 16 inches (40cm) away from your eyes—or where you want to be able to see clearly.

Look down to the first line that is not clear. Try a pair of glasses with that power. If you can read to the bottom of the chart, these are the right power for you. If not, try a slightly stronger power.

+3.00 E M E W E

+2.50 M E W E W E

+2.00 W E M E W E M

+1.50 E E M E W E M E

+1.00 M W E M E W E M

