

Interpreting Your Prescription

To work out the correct Diopter strength add your Sphere (Sph) power to the Add power.
See example below, $-0.50 + 1.50 = +1.00$

	SPH	CYL	Axis	Prism	Base	Add
Right Eye	+0.50					+1.50
Left Eye	+0.50					+1.50

I Don't Have a Prescription

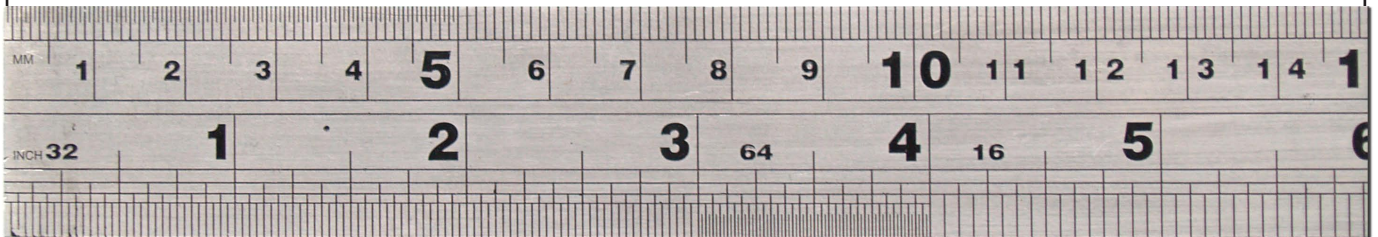
Using the chart below you can work out what strength you are likely to need based on age.

Age	40-45	45-50	50-55	55-60	65-70	70+
Diopter	+1.00	+1.50	+2.00	+2.50	+3.00	+3.50

Test Here

Make sure the ruler below measures 15cm/6inches on screen, zoom in or out to adjust to the correct size. Read from a distance of 35cm/14inches without glasses. Start reading at the top line, the first line that you can read indicates the correct Diopter you require.

If you can read this clearly select Diopter +1.00
If you can read this clearly select Diopter +1.50
If you can read this clearly select Diopter +2.00
If you can read this clearly select Diopter +2.50
If you can read this clearly select Diopter +3.00
If you can read this clearly select Diopter +3.50



Attention

For near vision and reading only. Not for driving or vehicle operation, distance vision or use as eye protection.
Only regular eye-care professional eye examinations can determine your visual needs and eye health.