

Eye Exam

- 1) Take off your glasses and stand about 36 cm (the distance from your nose to your elbow with arm straight in front) from this eye exam.
- 2) Beginning from the top, say which way the legs on the E are facing on each line. Stop in the first line that is difficult to read. On the left-hand side, there is a strength number and that indicates the glasses that you need.
- 3) Normally the eyeglasses have the number of strength on a sticker on the front.

+3.25	E
+2.75	Ɔ
+2.50	E
+2.00	Ɔ
+1.75	Ɔ
+1.50	E
+1.25	Ɔ
+1.00	Ɔ