People of all ages require regular eye examinations to check vision and eye health. This chart provides a quick test to see how your reading and distance vision compares with expected or 'normal vision'.

**How to do the tests:**
- Test one eye at a time (cover one eye but keep both eyes open)
- Wear your glasses or contacts if you usually do
- Do the tests in a well-lit room
- Do not squint, relax your eyes.

**Reading Vision Test**
Especially useful for people 40 years or older.
Cover one eye at a time and hold this card at a normal reading distance (about 40cm from your eyes).

Can you read the bottom line on the chart below?

- Right eye? Yes  No
- Left eye? Yes  No

If you marked any of the red boxes, call and make an appointment and bring this section with you.

**Distance Vision Test**
Carry out the two tests below at 1.5m. (eg Place card on floor and tilt head down).

1. **MYOPIA**
   Can you read ALL the black and grey letters with each eye?
   - Right eye? Yes  No
   - Left eye? Yes  No

2. **ASTIGMATISM**
   Do any of these lines appear much darker than others with each eye?
   - Right eye? Yes  No
   - Left eye? Yes  No

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Shop 7, Glebe Place 131-145 Glebe Pt Rd GLEBE NSW 2037
Tel: (02) 9552 2887