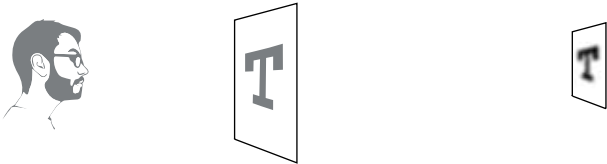


Find the right lens

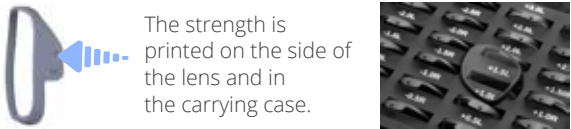
Ask the participant if they know the lens strength of their regular glasses, and use that as a starting point.



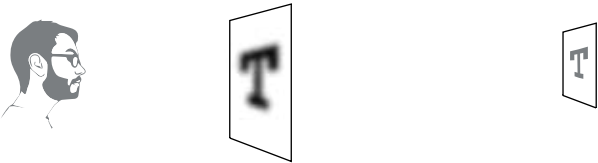
If the participant doesn't know, ask them if they are short-sighted. In other words, without glasses, do objects in the distance seem blurred?



If this is the case, start testing lenses starting with strength -1.0.



If the participant says no, ask them if they are farsighted. In other words, without glasses, do objects close up seem blurred?

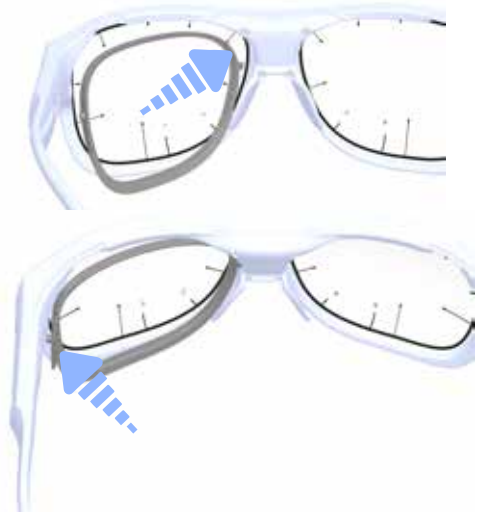


If this the case, start testing lenses starting with strength +1.0.

Fine-tune the lens strength

Step 1

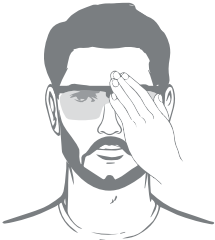
Attach the lenses to glasses by inserting the inner notch first and then the outer one



Ensure that the lenses are correctly locked in place. If they are not fully in place or tilted, your data collection will be impaired.

Step 2

Ask the participant to put the glasses on and cover their left eye.



Step 3

Stand at about the same distance from the participant as the objects in your study will be, and hold up the vision testing card found in the carrying case.

1.2 m-4.5 m
(4 ft-15 ft)



Step 4

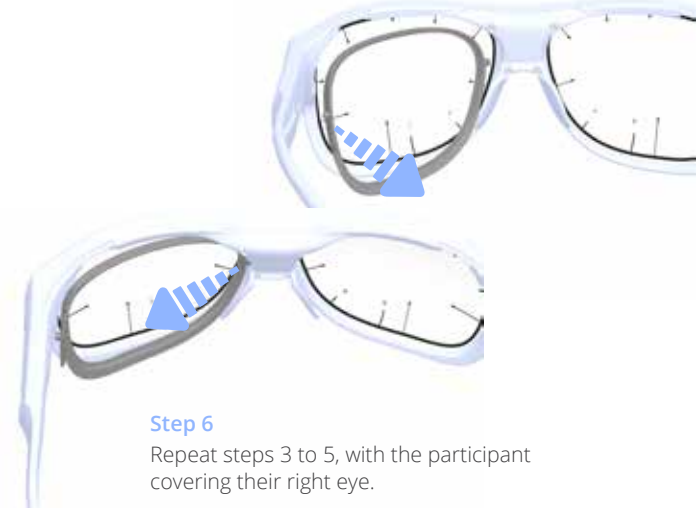
Ask the participant to read the row of letters at the corresponding distance



Step 5

If the participant has trouble reading, swap the lens to a higher strength in increments of 1.0 until the participant can read comfortably. When the participant can almost read the row, increase strength with 0.5 increments.

To remove the lens start with the outer notch, and then the inner one



Step 6

Repeat steps 3 to 5, with the participant covering their right eye.