Print on 8.5"x11" paper.
Stand exactly 10 feet away from the chart.



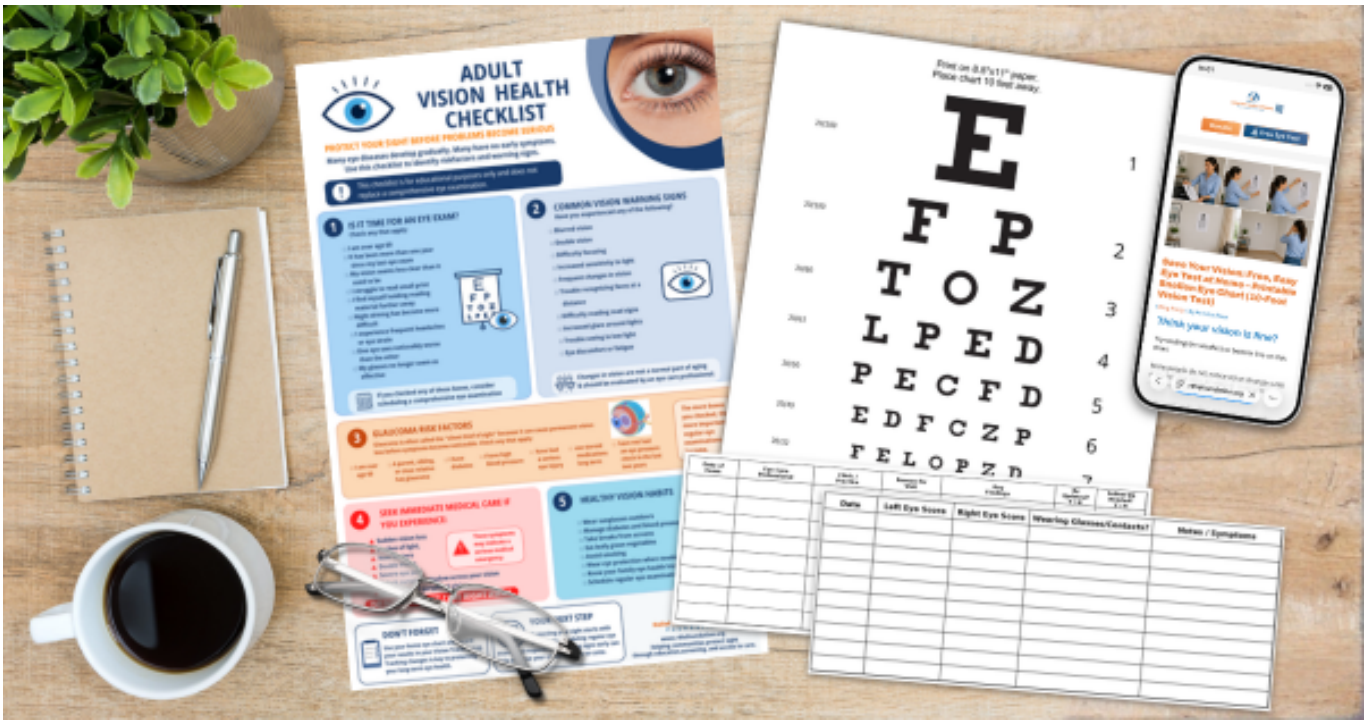
20/200		1
20/100	F P	2
20/80	T O Z	3
20/63	L P E D	4
20/50	P E C F D	5
20/40	E D F C Z P	6
20/32	F E L O P Z D	7
20/25	D E F P O T E C	8
20/20	L E F O D P C T	9

For educational purposes only. This chart is not to be used to diagnose eye conditions and does not replace a comprehensive eye examination.
For full instructions: r4hsfoundation.org/free-eye-test-at-printable/

R4HS
Relief For Human Suffering
Foundation

What This Eye Chart Can and Cannot Tell You

A Snellen eye chart measures one thing:
How clearly you can see at a distance.
That is useful information.
But it is not a complete eye-health check.
This chart cannot measure eye pressure, retinal health, peripheral vision, optic nerve health, cataracts, glaucoma, or many other causes of vision loss.
That is why a good eye-chart result does not always mean your eyes are healthy.
Use this chart as an awareness tool.
Use it to notice possible changes.
Use it to begin paying closer attention.
But if your vision changes, if one eye performs much worse than the other, or if you have concerns about your eye health, schedule a comprehensive eye examination with a qualified eye-care professional.



Want help protecting your vision over time?

Our free Clear Vision Email Series helps you build your Home Vision Kit one step at a time.
R4HSF will send you practical guidance and printable tools, including:
✓ A Visual Acuity Tracking Log
✓ Eye Exam Record
✓ Adult Vision Health Checklist
✓ Warning signs to watch for
✓ Community eye-care updates and meaningful ways to help restore sight
Click here to join the Clear Vision Email Series & the R4HSF Changemaker Circle.
You can unsubscribe at any time.

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CONGRATULATIONS! YOU JUST TESTED YOUR VISUAL ACUITY IN MINUTES
You printed a chart. You stood 10 feet away. You checked your eyesight. For most people that was easy.

FOR MILLIONS OF PEOPLE, IT IS IMPOSSIBLE
In many underserved communities around the world:
• There is no internet access.
• There are no printers to print a chart.
• There are no eye doctors nearby.
• There are no routine vision screenings.
• There is no access to affordable glasses.
• There is no access to sight-restoring surgery.
As a result, millions of people live with preventable vision loss.
Children struggle to learn.
Adults lose their livelihoods.
Families lose independence.





Many people still lack access to even the most basic eye care services.

THAT IS WHY R4HS FOUNDATION EXISTS
We bring vision care directly to communities that would otherwise go without it.
Our outreach programs provide:
✓ Vision screenings
✓ Reading glasses
✓ Eye medications
✓ Prescription eyeglasses
✓ Sight-restoring eye surgeries

HELP RESTORE SIGHT FOR SOMEONE ELSE
Just $10 can provide a life-changing pair of prescription glasses.
Just $50 can help fund sight-restoring cataract surgery.
Together, we can ensure that clear vision is not determined by where someone lives or what they can afford.
CLICK HERE TO HELP SOMEONE SEE AGAIN.

