

## Back Vertex Power

(assumes 12mm spectacle distance)

Minus	Rx	Plus
-3.82	<b>4.00</b>	+4.20
-4.04	<b>4.25</b>	+4.48
-4.27	<b>4.50</b>	+4.76
-4.49	<b>4.75</b>	+5.04
-4.72	<b>5.00</b>	+5.32
-4.94	<b>5.25</b>	+5.60
-5.16	<b>5.50</b>	+5.89
-5.38	<b>5.75</b>	+6.18
-5.60	<b>6.00</b>	+6.47
-5.81	<b>6.25</b>	+6.76
-6.03	<b>6.50</b>	+7.05
-6.24	<b>6.75</b>	+7.34
-6.46	<b>7.00</b>	+7.64
-6.67	<b>7.25</b>	+7.94
-6.88	<b>7.50</b>	+8.24
-7.09	<b>7.75</b>	+8.54
-7.30	<b>8.00</b>	+8.85
-7.51	<b>8.25</b>	+9.16
-7.71	<b>8.50</b>	+9.47
-7.92	<b>8.75</b>	+9.78

Minus	Rx	Plus
-8.12	<b>9.00</b>	+10.09
-8.33	<b>9.25</b>	+10.40
-8.53	<b>9.50</b>	+10.72
-8.73	<b>9.75</b>	+11.04
-8.93	<b>10.00</b>	+11.36
-9.13	<b>10.25</b>	+11.69
-9.33	<b>10.50</b>	+12.01
-9.52	<b>10.75</b>	+12.34
-9.72	<b>11.00</b>	+12.67
-9.91	<b>11.25</b>	+13.01
-10.11	<b>11.50</b>	+13.34
-10.30	<b>11.75</b>	+13.68
-10.49	<b>12.00</b>	+14.02
-10.68	<b>12.25</b>	+14.36
-10.87	<b>12.50</b>	+14.71
-11.06	<b>12.75</b>	+15.05
-11.25	<b>13.00</b>	+15.40
-11.43	<b>13.25</b>	+15.76
-11.62	<b>13.50</b>	+16.11
-11.80	<b>13.75</b>	+16.47

Minus	Rx	Plus
-11.99	<b>14.00</b>	+16.83
-12.17	<b>14.25</b>	+17.19
-12.35	<b>14.50</b>	+17.55
-12.53	<b>14.75</b>	+17.92
-12.71	<b>15.00</b>	+18.29
-12.89	<b>15.25</b>	+18.67
-13.07	<b>15.50</b>	+19.04
-13.25	<b>15.75</b>	+19.42
-13.42	<b>16.00</b>	+19.80
-13.60	<b>16.25</b>	+20.19
-13.77	<b>16.50</b>	+20.57
-13.95	<b>16.75</b>	+20.96
-14.12	<b>17.00</b>	+21.36
-14.29	<b>17.25</b>	+21.75
-14.46	<b>17.50</b>	+22.15
-14.80	<b>18.00</b>	+22.96
-15.14	<b>18.50</b>	+23.78
-15.47	<b>19.00</b>	+24.61
-15.80	<b>19.50</b>	+25.46
-16.13	<b>20.00</b>	+26.32

Round to the nearest 0.25 diopter when converting from a glasses power to a contact lens power.

Need a different vertex distance or power not listed? Use the formula below or visit [eyeknowod.com](http://eyeknowod.com) for more resources.

$$\text{Contact Lens Power} = \frac{\text{Glasses Power}}{1 - (\text{vertex distance} * \text{Glasses Power})}$$