Looking at the .XML file output from the above data in notepad++ I have highlighted the sections dealing with Far and Near Sphere:

```
29              <nsSBJ:TypeName>Full Correction</nsSBJ:TypeName>
30              <nsSBJ:ExamDistance No="1">
31                  <nsSBJ:Distance unit="cm">500.000</nsSBJ:Distance>
32                  <nsSBJ:RefractionData>
33                      <nsSBJ:R>
34                          <nsSBJ:Sph unit="D">-0.75</nsSBJ:Sph>
35                          <nsSBJ:Cyl unit="D">0.00</nsSBJ:Cyl>
36                          <nsSBJ:Axis unit="deg">180</nsSBJ:Axis>
37                          <nsSBJ:HPri unit="prism"/>
38                          <nsSBJ:HBase/>
39                          <nsSBJ:VPri unit="prism"/>                   Far Sphere
40                          <nsSBJ:VBase/>
41                          <nsSBJ:Prism unit="prism"/>
42                          <nsSBJ:Angle unit="deg"/>
43                      </nsSBJ:R>
44                      <nsSBJ:L>
45                          <nsSBJ:Sph unit="D">-0.75</nsSBJ:Sph>                Far data
46                          <nsSBJ:Cyl unit="D">0.00</nsSBJ:Cyl>
47                          <nsSBJ:Axis unit="deg">180</nsSBJ:Axis>
48                          <nsSBJ:HPri unit="prism"/>
49                          <nsSBJ:HBase/>
50                          <nsSBJ:VPri unit="prism"/>
51                          <nsSBJ:VBase/>
52                          <nsSBJ:Prism unit="prism"/>
53                          <nsSBJ:Angle unit="deg"/>
54                      </nsSBJ:L>
55                      <nsSBJ:VD unit="mm">13.75</nsSBJ:VD>
56                  </nsSBJ:RefractionData>
57                  <nsSBJ:PD>
58                      <nsSBJ:R unit="mm">32.00</nsSBJ:R>
59                      <nsSBJ:L unit="mm">32.00</nsSBJ:L>
60                      <nsSBJ:B unit="mm">64.00</nsSBJ:B>
61                  </nsSBJ:PD>
62              </nsSBJ:ExamDistance>
63              <nsSBJ:ExamDistance No="2">
64                  <nsSBJ:Distance unit="cm">40.000</nsSBJ:Distance>
65                  <nsSBJ:RefractionData>
66                      <nsSBJ:R>
67                          <nsSBJ:Sph unit="D">0.25</nsSBJ:Sph>
68                          <nsSBJ:Cyl unit="D">0.00</nsSBJ:Cyl>
69                          <nsSBJ:Axis unit="deg">180</nsSBJ:Axis>
70                          <nsSBJ:HPri unit="prism"/>
71                          <nsSBJ:HBase/>
72                          <nsSBJ:VPri unit="prism"/>
73                          <nsSBJ:VBase/>                             Near Sphere          Near data
74                          <nsSBJ:Prism unit="prism"/>
75                          <nsSBJ:Angle unit="deg"/>
76                      </nsSBJ:R>
77                      <nsSBJ:L>
78                          <nsSBJ:Sph unit="D">0.25</nsSBJ:Sph>
79                          <nsSBJ:Cyl unit="D">0.00</nsSBJ:Cyl>
80                          <nsSBJ:Axis unit="deg">180</nsSBJ:Axis>
81                          <nsSBJ:HPri unit="prism"/>
82                          <nsSBJ:HBase/>
83                          <nsSBJ:VPri unit="prism"/>
84                          <nsSBJ:VBase/>
```

The difference between the Near Sphere and the Far Sphere gives you the ADD power.

In this example that would be "0.25" − "-0.75" = "+1.00"