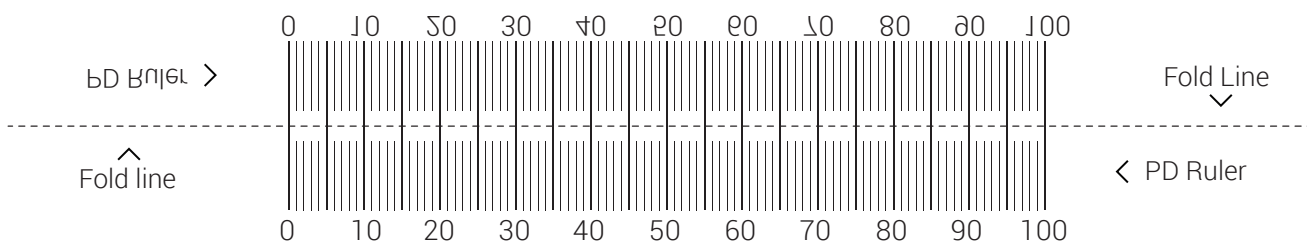
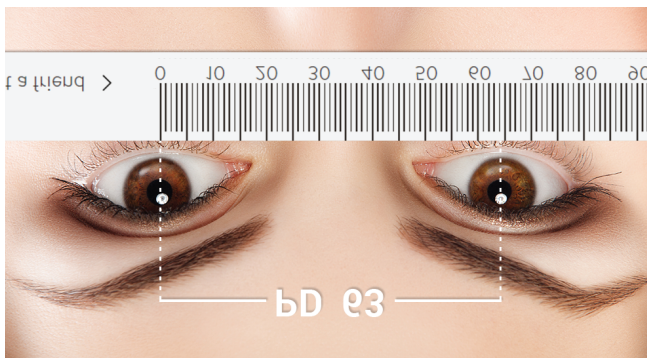


How To Measure PD (Pupillary Distance)

1. Print out this page at 100% without scaling. Verify proper scale by placing a credit card over the credit card image below.
2. Fold the PD ruler in half along the indicated line in the middle of this page.
3. Measure yourself in front of the mirror or have a friend measure your PD.

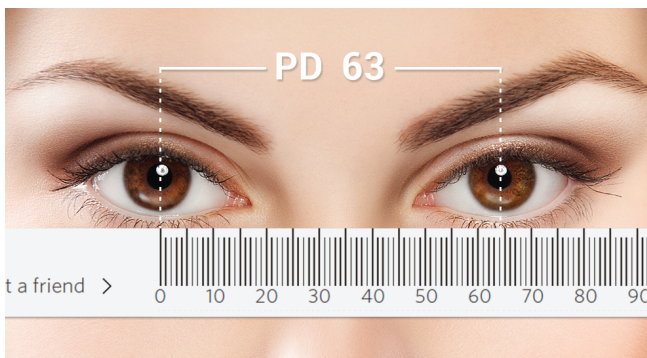
Measure Yourself In Front Of The Mirror

1. Look straight ahead and mark the stop on the ruler that lines up with the center of your left pupil.
2. Place the PD ruler over the bridge of your nose with the 0 above the center of your right pupil.



Have A Friend Measure Your PD

1. Place the PD ruler over the bridge of the nose with the 0 above the center of their right pupil.
2. Look straight ahead and mark the stop on the ruler that lines up with the center of your friend's left pupil.



IMPORTANT

Place your credit card over this image to verify proper scale. If this PDF is printed at the wrong scale, your PD measurement will be inaccurate.