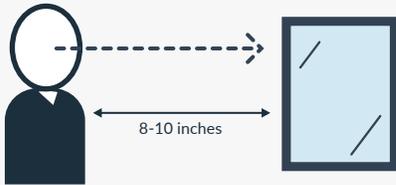


Before you start:

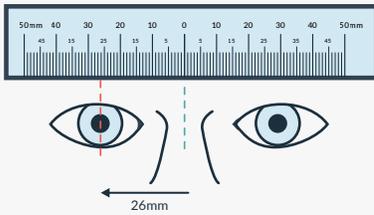
- Print this page without scaling.
- Verify the correct ruler scaling with the credit card guide below.

2



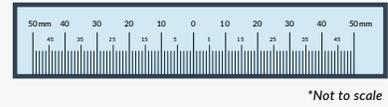
Stand 8-10 inches away from a mirror, looking straight ahead with the ruler parallel above your eyes (Use reversed ruler if using a mirror by yourself).

4



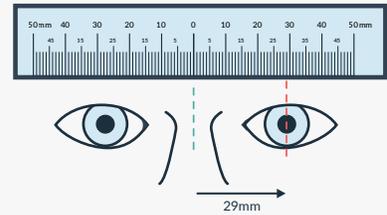
Line up the zero (0) on the ruler with the center of your nose. Close and open your right eye to ensure that the ruler is lined up perfectly with the center of your right pupil. This is your right PD measurement.

1



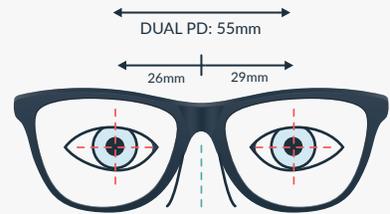
Find a ruler that measures in millimeters (mm) both left and right, or use the one provided below.

3



Line up the zero (0) on the ruler with the center of your nose. Close and open your left eye to ensure that the ruler is lined up perfectly with the center of your left pupil. This is your left PD measurement.

5



That measured distance is your PD measurement! Repeat these steps a few times to ensure you have measured as accurately as possible.

STANDARD CREDIT CARD SIZE - USE TO SCALE FOR PRINTOUT OR IF USING SMARTPHONE

