**Before you start:**
- Print this page **without** scaling.
- Verify the correct ruler scaling with the credit card guide below.

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

1. Find a ruler that measures in **millimeters (mm)** or use the one provided 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).

3. Line up the zero (0) on the ruler with the **center of your right pupil**. Close your left eye to ensure that the ruler is lined up perfectly with the center of your right pupil.

4. With the zero now centered with your right eye, close your right eye and open your left to see where the center of your left pupil aligns on the ruler.

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

*Not to scale*