

Before you start:

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

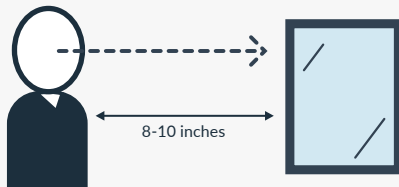
1



*Not to scale

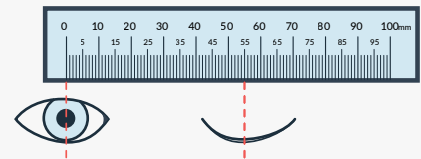
Find a ruler that measures in **millimeters (mm)** or use the one provided below.

2



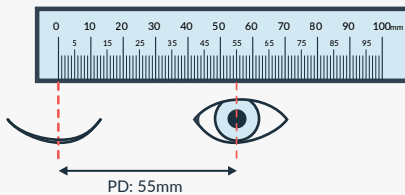
Stand 8-10 inches away from a mirror, looking straight ahead with the ruler parallel above your eyes (**Use reversed ruler if using a mirror by yourself**).

3



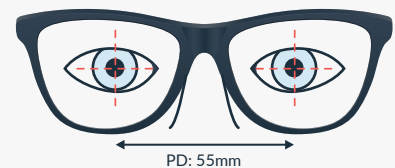
Line up the zero (0) on the ruler with **the center of your right pupil**. Close your left eye to ensure that the ruler is lined up perfectly with the center of your right pupil.

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.

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

