Use the credit card outline or the penny outline to scale the mm ruler correctly.

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).

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.

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