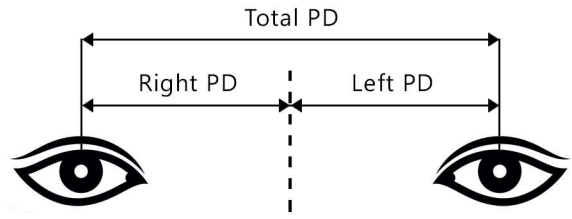


PD (PUPILLARY DISTANCE):

Distance in millimeters (mm) between the centers of the pupils in each eye. This measurement is used to make prescription glasses.

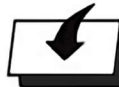


PREPARING THE RULER AND MEASURING YOUR PD



1.

Print this page at 100% without scaling (check the proper scale by placing a credit card below).



2.

Fold the PD ruler in half along the indicated line.



3.

Measure your PD yourself in the mirror or have a friend help you for more accurate measurements.



4.

Place the PD ruler over the bridge of your nose with the 0 above the center of your left pupil.



5.

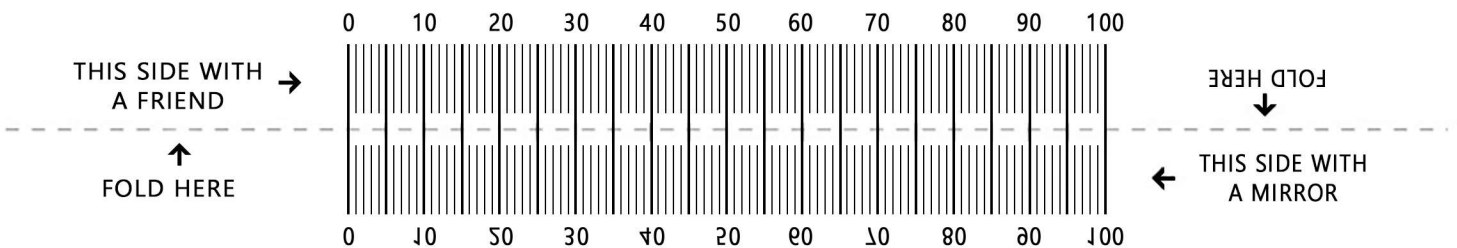
Look straight ahead and mark the spot on the ruler that lines up with the center of your right pupil.



6.

Repeat the process two to three times to ensure a more accurate measurement.

PD RULER



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

TIPS FOR PRINTING AT PROPER SCALE

Download and save this file to your desktop and open with Adobe Acrobat Reader. Before printing, make sure page scaling is set to 'none'. Preview (MAC) before printing make sure scale is set to 100%.

If you don't have a printer you may use a standard millimeter ruler and follow the steps above or simply resize this pdf to scale on your smartphone or ipad.