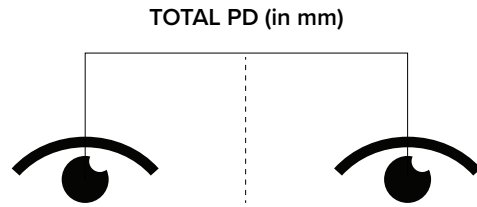


### WHAT IS A PUPILLARY DISTANCE (PD)?

This measurement represents the distance in millimeters (mm) between the centers of the pupils in each eye. PD is always required for prescription glasses.



### 1. PREPARING THE RULER

Print this page at 100% size (NO SCALING).

Verify the correct scale of your print out by placing a credit card on top of this sample image.



### 2. FOLD THE RULER

Fold the PD ruler below along the dotted lines. Use the appropriate side depending if you are using a mirror or if a friend is helping you.

### 3. LINE UP THE RULER'S ZERO

Place the ruler above your eyes and line up the zero of the ruler with the center of your left pupil.

### 4. MEASURE YOUR PD

Without moving your head or the ruler, mark the ruler where it lines up with the center of your right pupil. This number is your PD.

\*Repeat for accuracy.

