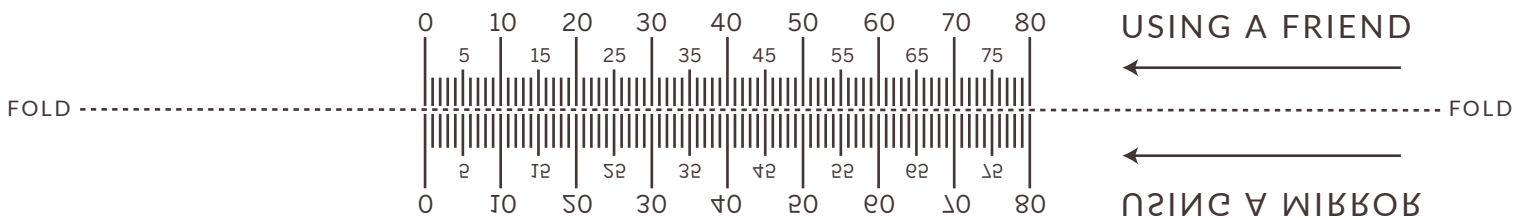


How to measure pupillary distance

1. Print out this page at 100% without scaling.
(Note that you can double check the proper scaling by placing a credit card below.)
2. Fold the PD ruler in half along the dotted line.
3. Use the ruler to measure your PD in the mirror or have a friend help you for more accurate measurement.
4. Place the PD ruler over the bridge of your nose with the 0 below the center of your left pupil.
5. Look straight ahead and mark the stop on the ruler that lines up with the center of your right pupil.
6. Enter the PD measurement in the PD box on the order page.

Fold along the dotted line.



If a credit card fits in this box,
your print scale is correct.