

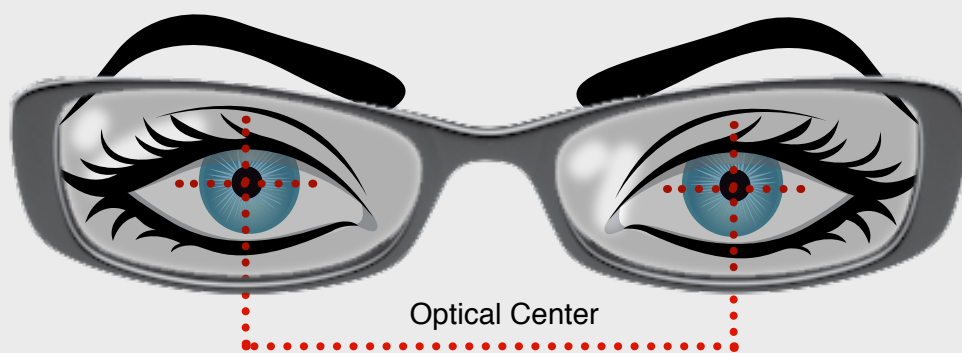
Finding Your "PD" Number

Ordering glasses on the Internet can save time and money. You have a prescription from you eye care provider. Is this all you need?

We'll also need to know your "PD" -- that's your Pupillary Distance, or the distance between the pupils of your eyes, center to center. This term is shortened to "PD." The PD is normally used for distance viewing. For reading glasses, typically you will want to lower your PD by 3mm.

The space between your eyes

In short, your PD is the space between the center of your left and the center of your right eyes as measured in Millimeters. Each set of prescriptions lenses uses the PD to determine the "optical center" for your glasses.



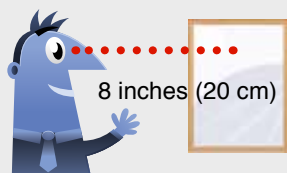
With your prescription and PD measurement, you can buy glasses with confidence online.

Fortunately, if your prescription lacks PD you can measure the PD yourself using one of several methods.

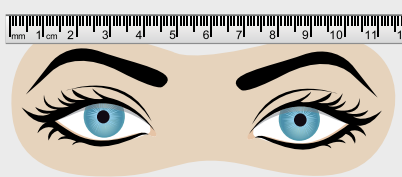
If PD is not listed on your prescription, you can figure this out yourself using a Millimeter ruler and a mirror (or with a friend's help).



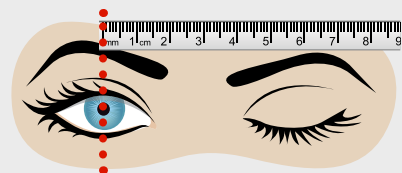
Measuring your own PD



1. Position your face 8 inches away from the mirror



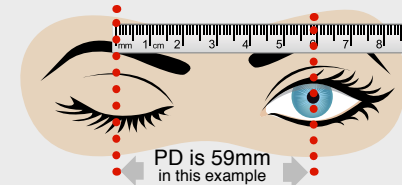
2. Hold your face steady and place the ruler against your brow.



3. Close your left eye. Slide the ruler along you brow so the zero (0) edge lines up with the center of your right pupil. Without moving the ruler, open you left eye and close the right.



4. Without moving the ruler, open your left eye and close the right eye.



5. Read the Millimeter (mm) number that lines up with the center of your left pupil. This number is your PD.

Helpful hints

- To make sure it is accurate, measure your PD several times (3-4).
- The PD number usually is between 54-74mm for adults and 43-53mm for children.
- The PD normally is for distance viewing.
- For reading glasses, typically, you will want to lower your PD by 3mm



Ask a friend to help

When a friend helps measure your PD, keep both eyes open. Ask your friend to place the ruler on your brow and line up the Zero mark above the center of one eye.

The PD is the distance between the Zero mark and the ruler line above the center of the other pupil.



How to help your friend get an accurate measurement...

- While you stand, ask the friend to crouch or sit so he or she is out of your field of vision.
- Keep you eyes as still as possible
- Look at something 10-20 feet away (Do not look directly at the person who is taking the measurement).

With your prescription and PD measurement you can enjoy the convenience and savings at Eyeglasses123! If you have any questions please call us at (877) 275-1969.