

# 1 PRINT RULER

Print this page at 100% size, using the NO SCALING setting.

# 2 FOLD

Fold along the dotted line as indicated.

# 3 FIND A MIRROR / FRIEND

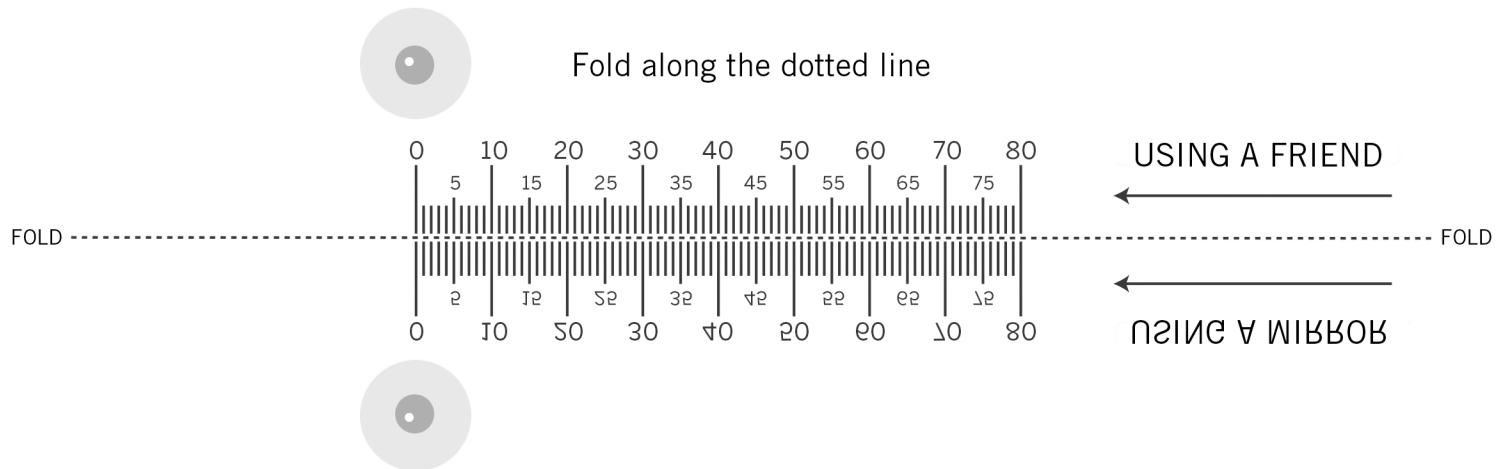
Stand 8 in (20 cm) from a mirror or a friend. While facing straight, Place & hold the PD ruler against your brow.

# 4 ALIGN YOUR EYE

Close your right eye and align the ruler's zero to the center of your left pupil.

# 5 MEASURE

Open right eye and close left eye. Look straight and read the millimeter line that aligns with the center of your right pupil. This number is your PD in millimeters.



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