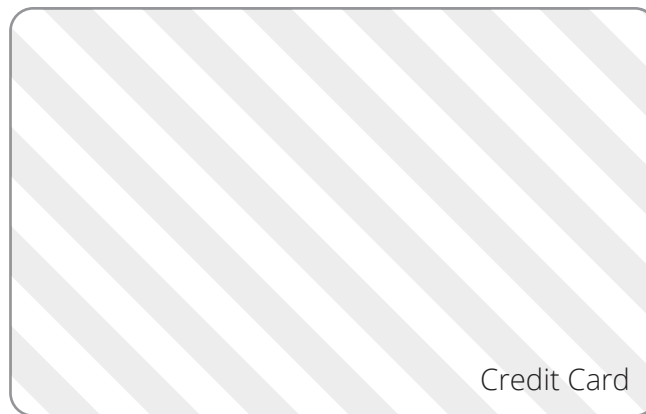
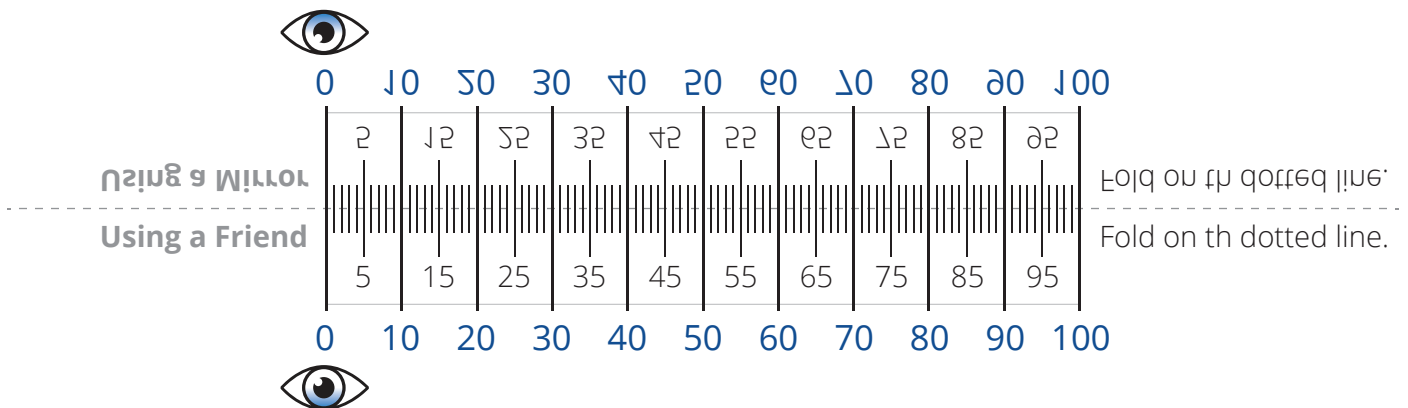


How to Prepare the Pupillary Distance (PD) Ruler.

- 1 Print this page without scaling, at 100%.
- 2 Double-check scale by measuring against a standard millimeter (mm) ruler, or the credit card diagram below.



- 3 Fold the ruler along the dotted line.



For more information about how to measure your PD:
<https://www.readingglasses.com/blog/how-to-get-your-pd/>
or scan this QR code with your mobile devices camera

