



FINDING YOUR BRACELET SIZE

In order to provide a comfortable fit, we custom size your medical ID. Starting with your snug wrist measurement, we add length to provide a fit that is not too tight and not too loose. So when you customize your Lauren's Hope medical ID bracelet, we ask that you provide **only your snug wrist measurement**.

MAKE SURE YOUR MEASUREMENT TOOL IS TO SCALE

Before you use the measurement tool to the left, make sure it is to scale by laying a ruler down on it to ensure it matches.

DON'T HAVE A RULER?

- A US dollar bill is about 6 inches long (long side). ●
- A standard credit card is about 2 inches tall (short side). ●



Wrap your measuring tape around your wrist at the narrowest point so the tape is flat against your skin (snug, not tight).



Find the zero (0) on the measuring tape and note the number opposite it when the tape is looped around your wrist. **This is your wrist size.**

LH MEASUREMENT TIP

If the measurement tool did not print to scale, don't worry! There is another way to measure your wrist:

- Take any flexible length of floss, string, etc. and snugly wrap it around your wrist.
- Use a pen to mark where the length of floss or string meets the end.
- Lay the length of floss or string on a ruler for your wrist measurement.

