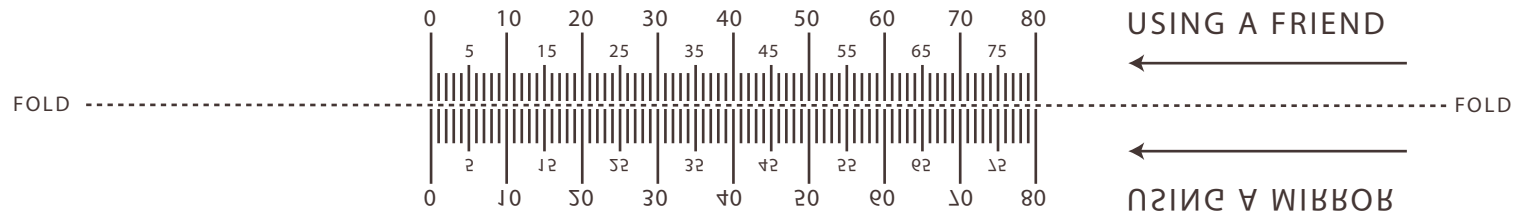




Fold along the dotted line.



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

Pupillary Distance (PD) is the measurement from the center of one pupil to the center of the other. This measurement is used to make prescription glasses.

For instructions please see next page.

Print PD ruler at 100% size. **Do not use 'scaling' or 'fit' setting.**
Print setting should be 'actual size'.

Fold printout along the dotted line.

Stand 8 inches (20 cm) away from a mirror or a friend.
Place & hold the PD ruler against your brow. Keep your face straight.

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

Next, open your right eye and close your left eye.

Look straight ahead and read the millimeter line that matches up with the center of your right pupil. This number represents your single PD in millimeters.

Take a few measurements for consistency.

Most adults have a PD between **54 - 74 mm**. Most children have a PD between **43 - 54 mm**.