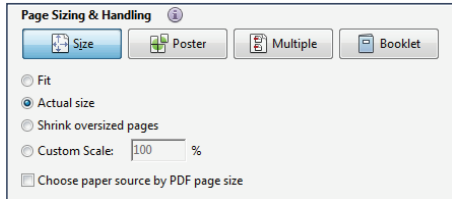


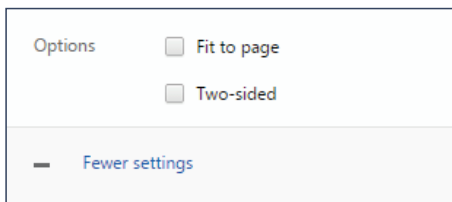
PD MEASUREMENT GUIDE



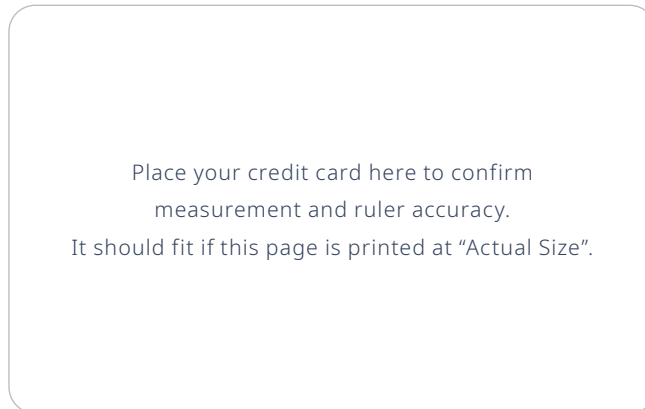
1. Print this PDF Guide on standard letter-sized paper with a print scale of “actual size.” In case you may not have this option, print this document at custom scale: **100%**.



Adobe Reader
Select “Actual Size”

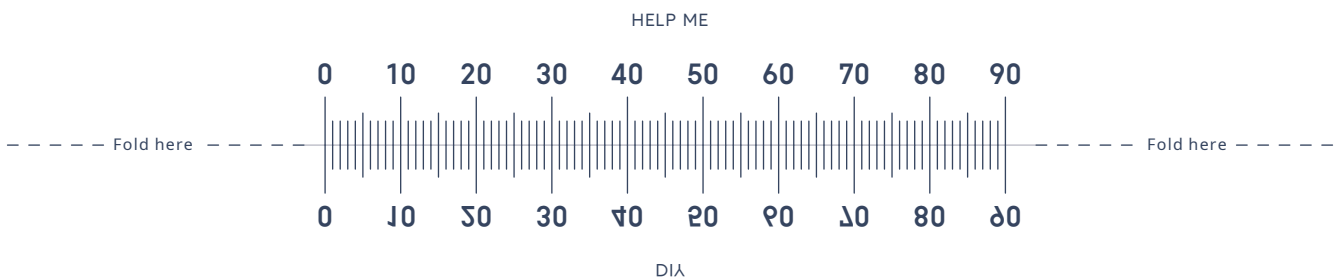


Google Chrome
Uncheck “Fit to page”



2. Fold along dotted line.
3. **With someone helping**, have the person use the “HELP ME” side, aligning “0” over your right pupil (left pupil from their point of view).

With yourself, use the “DIY” side with a mirror, aligning “0” over your left pupil.



4. Look forward as if you were staring into the distance and mark the point on the ruler that aligns with your other pupil.

The resulting measurement is your **Pupillary Distance** (PD) in millimeters. Be sure to write this value on your prescription before sending it to us so we can make sure your eyewear is made properly.



The average PD for adults is between 54-72 mm.