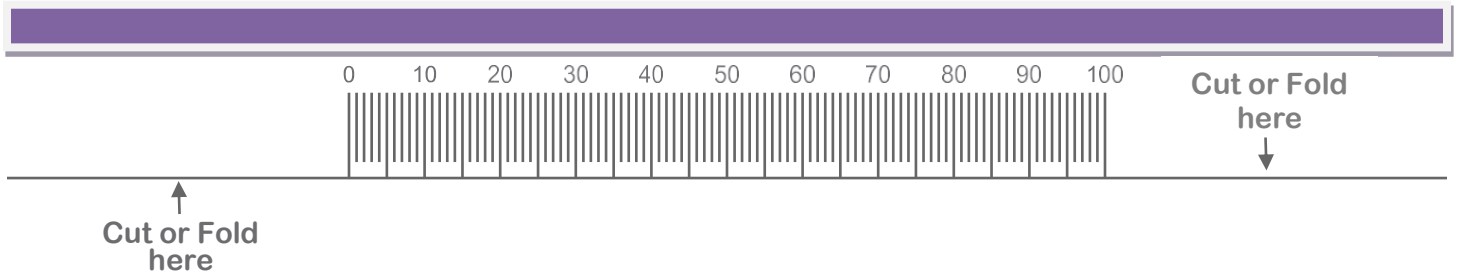
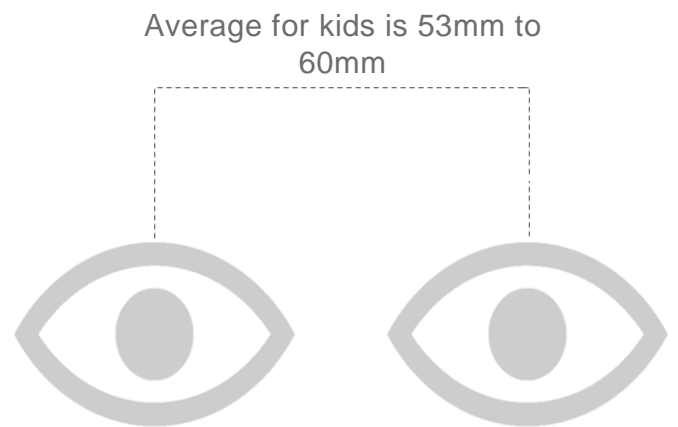
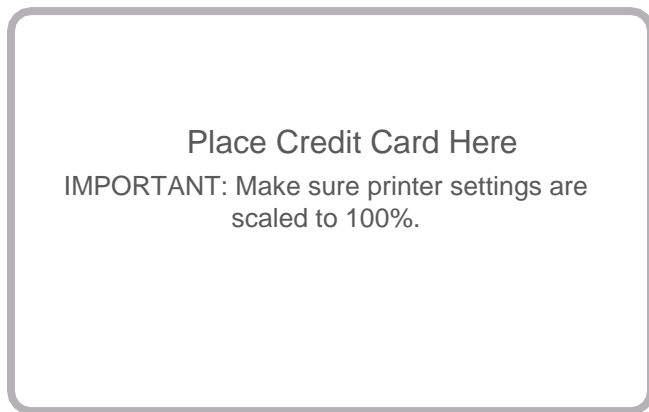


## Pupillary Distance Ruler



Double-check this print out. Take a credit card and place it on the graphic outline below to ensure size accuracy.



## How to Measure your Pupillary Distance

1. Print out the ruler (make sure printer settings are scaled to 100%)
2. Cut or Fold ruler along the fold line.
3. Position the PD Ruler over your child's pupils - 0 should be over the center of your child's right pupil.
4. Have your child look forward, then mark where the ruler lines up with the center of the left pupil.
5. Do this several times for accuracy.