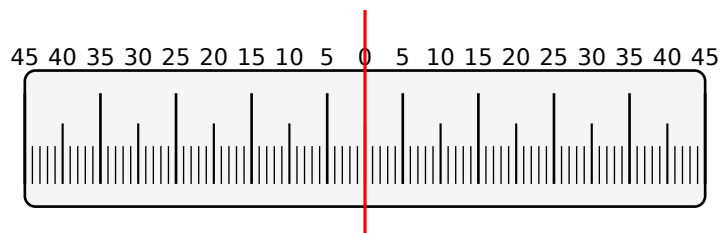
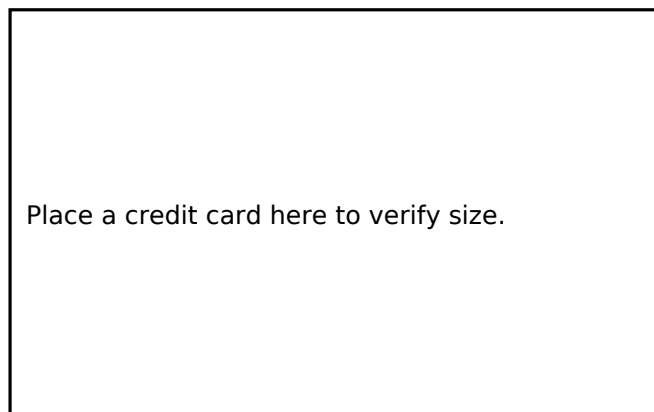


Printable PD Ruler (Pupillary Distance)

Page size: US Letter (8.5×11 in) • Print at 100% / Actual size (NO scaling)

IMPORTANT: Select "Actual size" or set Scaling to 100% when printing.
Verify the calibration box below with a credit card before using the ruler.

Calibration (must match a credit card): 85.60 mm × 53.98 mm



How to use this PD ruler (mirror method):

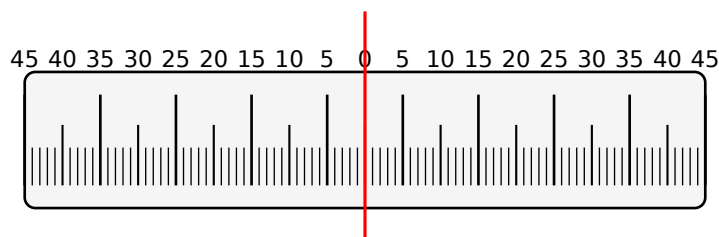
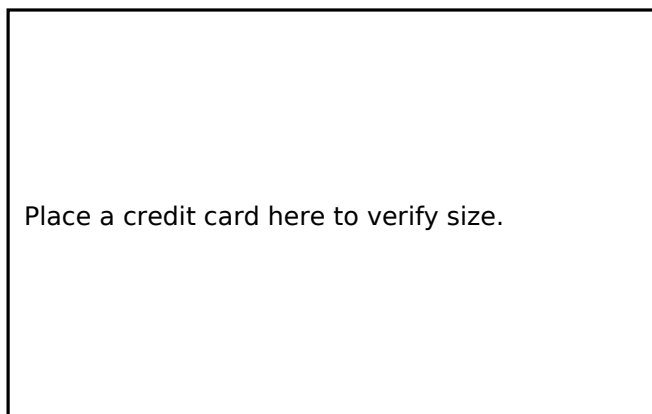
- 1) Stand ~8 inches (20 cm) from a mirror. Hold the ruler against your brow.
 - 2) Close your right eye. Align the red center line (0) with the center of your left pupil.
 - 3) Open your right eye and close your left eye. Read the number at the center of your right pupil.
- Tip: Measure 3 times and take the average. If the calibration box is off, reprint at 100%.

Printable PD Ruler (Pupillary Distance)

Page size: A4 (210×297 mm) • Print at 100% / Actual size (NO scaling)

IMPORTANT: Select "Actual size" or set Scaling to 100% when printing.
Verify the calibration box below with a credit card before using the ruler.

Calibration (must match a credit card): 85.60 mm × 53.98 mm



How to use this PD ruler (mirror method):

- 1) Stand ~8 inches (20 cm) from a mirror. Hold the ruler against your brow.
 - 2) Close your right eye. Align the red center line (0) with the center of your left pupil.
 - 3) Open your right eye and close your left eye. Read the number at the center of your right pupil.
- Tip: Measure 3 times and take the average. If the calibration box is off, reprint at 100%.