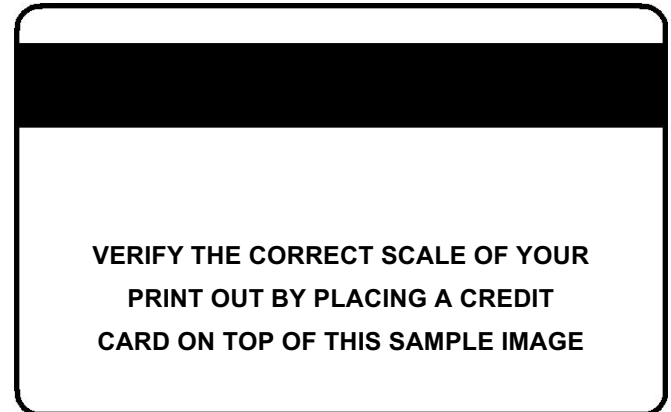# MEASURING YOUR PD

1 **Print this page at 100% size (No Scaling)**

Download this file and open it in Adobe Reader.

Print using the following scale settings:
Windows: Set scale to "None" or at 100%
Macintosh: Set page scaling to "None"

VERIFY THE CORRECT SCALE OF YOUR PRINT OUT BY PLACING A CREDIT CARD ON TOP OF THIS SAMPLE IMAGE
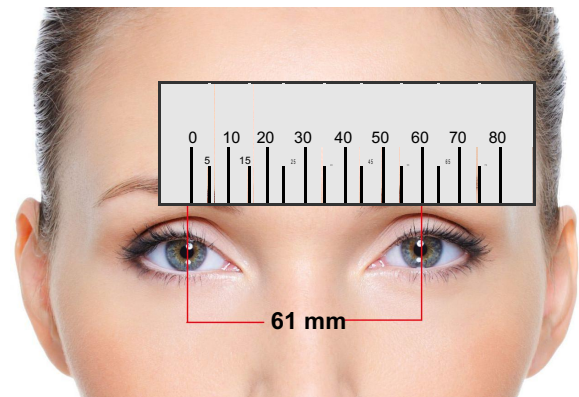
2 **Fold the PD ruler**

Fold the PD ruler below along the dotted lines. Use the appropriate side depending on if you are using the mirror or a friend.

3 **Line up the ruler's zero**

Place the ruler just above your eyes and line up the zero of the ruler with the center of your left pupil.

4 **Measure your PD**

Without moving you head or the ruler, mark the ruler where it lines up with the center of your right pupil. This number is your PD.

61 mm

5 **Enter your PD**

Enter your PD at Easyoptical.com to order your glasses.

this side with a friend →   0 10 20 30 40 50 60 70 80 90 100   fold here ↓

fold here ↑   this side with a mirror ←

Easy Optical — https://www.easyoptical.com