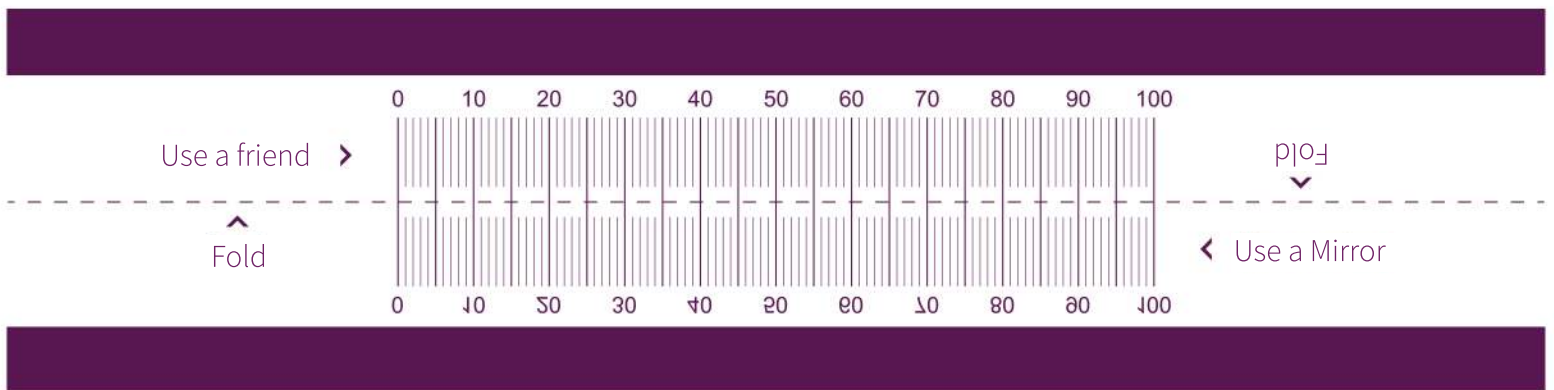# Puplillary Distance RULER (PD RULER)

How to Measure Pupillary Distance Accurately

1. Print this ruler without scaling on your printer (double-check the measurements using a ruler).

2. Fold along the fold line.

3. Get a friend to help you for an accurate measurements, or use a mirror (see below in the ruler).

4. Place the ruler over the bridge of your nose. The 0 should be over your left pupil.

5. LOOK STRAIGHT AHEAD. On the ruler, mark what number lines up with the center of your right pupil.

6. That's it!!! Use this for ordering on the Average Joe's Eyewear Website.

Measure against a ruler to assure printout is accurate.