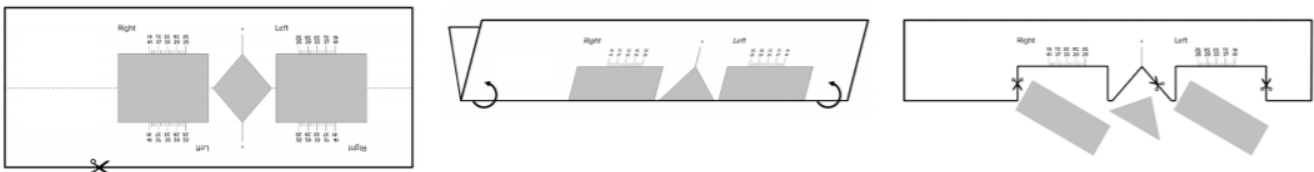


1. Print this 100% actual size page.
2. Check the correct size of the printed page by placing a ruler on the scale below this text. If it matches, you can continue to measure PD distance.



3. Cut out the PD meter located at the top of this page, fold it in half and cut out the gray shapes.



5. You can measure your center-to-center distance of the right and left eye in front of the mirror, or with a second person to help you. Be careful when measuring to look straight ahead.
6. Place the PD ruler on the nose from the top, cut out the bottom and make sure that "0" is in the middle of the nose.
7. Look straight ahead and read the distance between the pupil's center and the center of the nose. The average pupillary distance for an adult woman is 30.0 mm for each eye. For adult men, 32.0 mm is for each eye.

