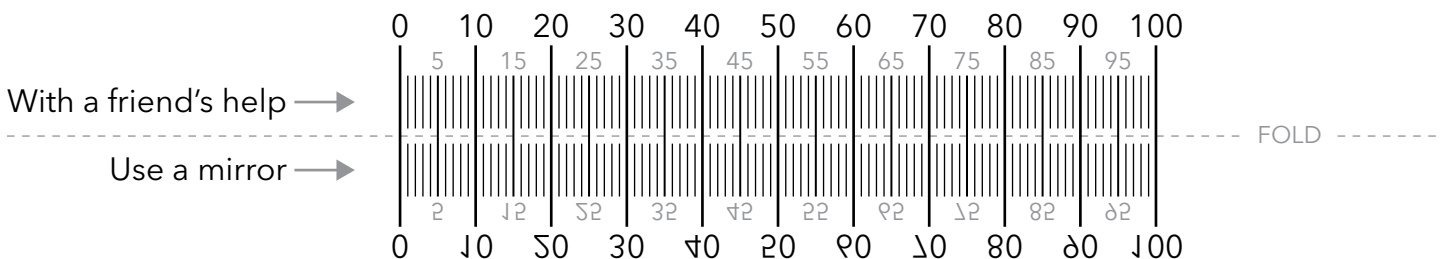
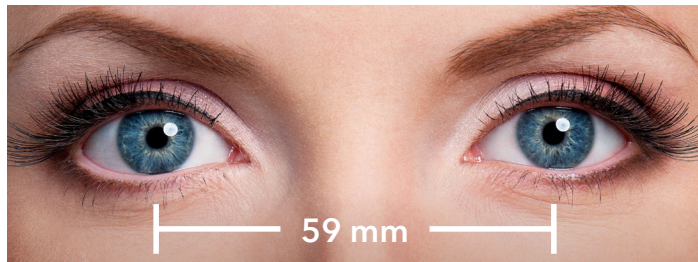


# PD (Pupillary Distance) Ruler

## Vision Essentials by Kaiser Permanente

### How to measure pupillary distance

1. Print out this page at 100% without scaling (double check the proper scale by placing a credit card below).
2. Fold the PD ruler in half along the dashed line.
3. You may measure it yourself in the mirror or have a friend help you for more accurate measurements.
4. Place the PD ruler over the bridge of your nose with the 0 above the center of your left pupil.
5. Look straight ahead and mark the stop on the ruler that lines up with the center of your right pupil.
6. Enter the PD measurement in the PD box of the order page.



### Tips for printing at proper scale

- Download and save file to your desktop and open with Acrobat Reader.
- Before printing, make sure:
  - Page scaling is set to "None" (Windows) or "Actual Size" (Macintosh).
  - Scale is set to 100%



#### Important

If this PDF is printed at the wrong scale, your PD measurements will not be accurate. Place a credit card over this image to verify proper scale.

**visionessentials**  
by KAISER PERMANENTE.