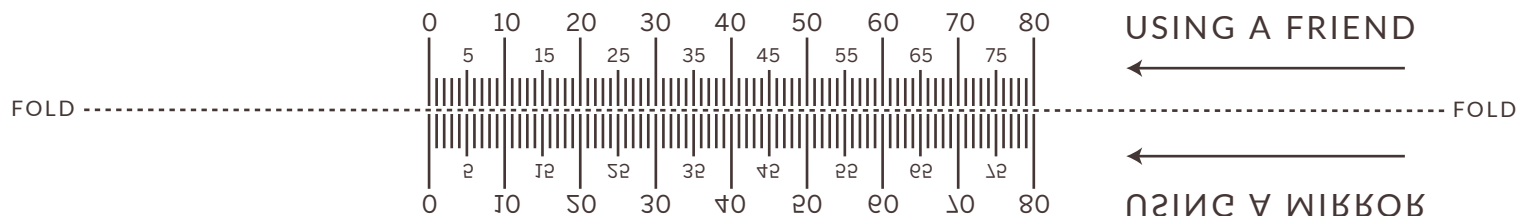


PARAMOUNT

OPTICAL LAB

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Fold along the dotted line.



If a credit card fits in this box,
your print scale is correct.

Print this document using full size for your printer.

For the ruler to give an accurate reading, a credit card must fit inside the box to the left. If a credit card does not fit properly, check the print size on your printer.

Refer to the next page of this document for instructions to measure your Pupillary Distance.



Instructions for Measuring Your Pupillary Distance (PD)

You can use a friend to measure your PD or measure yourself with a mirror.

Friend Method:

1. Fold the scale along the dashed line
2. Look straight ahead inches from your friend
3. Have the friend hold the ruler to your brow
4. Line up the zero with the center of your right pupil
5. The measurement at the center of your left pupil is your single PD
6. Repeat to verify the measurement removing the ruler from your brow between measurements

Mirror Method

1. Fold the scale along the dashed line
2. Look straight ahead 8 inches from a mirror
3. Close your right eye
4. Align the zero mark with the center of your left pupil
5. Open your right eye and close your left eye
6. Look straight ahead and read the millimeter line that is in the center of your right pupil, this is your single PD
7. Repeat to verify the measurement