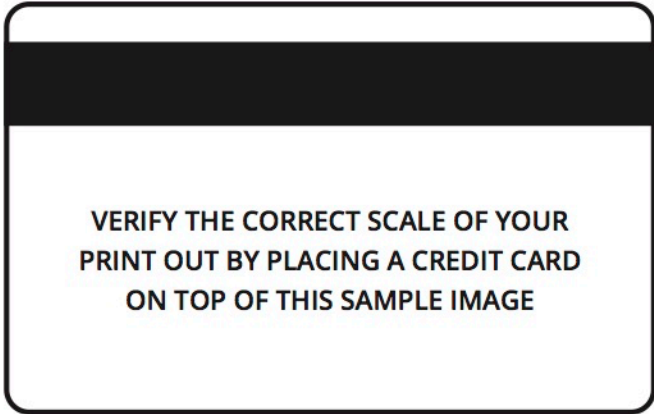


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Windows: Set scale to "None" or at 100%
MAC: Set page scaling to "None"



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.

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.

Measure your PD

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

