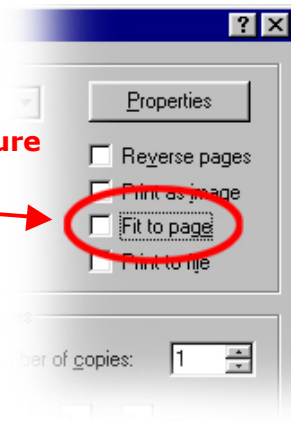


### **IMPORTANT**

**When printing, if there is a "Fit to Page" checkbox, be sure that it is NOT checked.**



### **Pupillary Distance:**

Pupillary Distance is required to ensure the correct location of the optical center of your lenses. If you are unable to accomplish this yourself, have someone help you. Have someone measure the distance from the center of one pupil (black center of the pupil inside the colored part) in one eye to the center of the pupil in the other eye.

*Here is an easy way to accurately measure your PD (its simple):*

1. Place the millimeter ruler across your nose at eye level.
2. Have someone face you at an arms length.
3. Have them measure the distance between the centers of your pupils (the black dots in the middle of your eyes).
4. (Or you can do it yourself simply by looking in the mirror).

Also, you can also get this information from your doctor or from any optician.

### **As a guideline:**

- Most adults' PD's are between 55-65.
- Most kids' PD's are between 42-54.

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