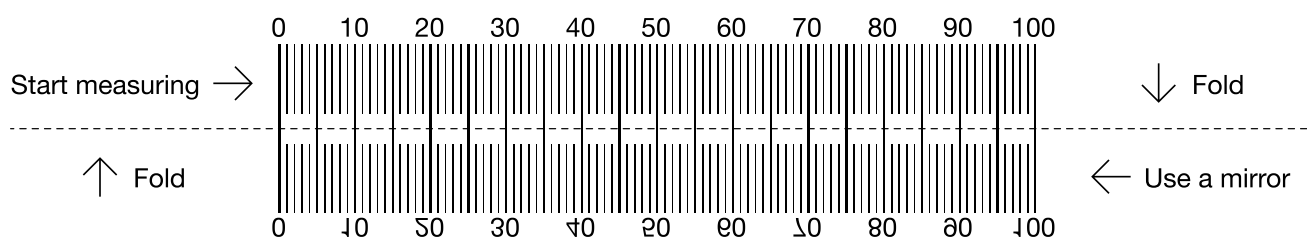





PUPILLARY DISTANCE RULER

1. Print out this page at 100% without scaling (double-check the proper scale by placing a credit card in the mark below).
2. Fold the PD ruler in half along the indicated line.
3. You may measure it yourself in the mirror or have someone help you for a more accurate measurement.
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. Send your PD measurement along your prescription to SGHRX@sghcares.com.



 An average PD for an adult ranges between 58 and 65 mm.



IMPORTANT

If this PDF is printed at the wrong scale, your PD measurement will be inaccurate. Place a credit card over this image to verify proper scale.



TIPS FOR PRINTING

- Download and save this file to your desktop and open with Acrobat Reader.
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