

GRAND CENTRAL OPTICAL

HOW TO MEASURE YOUR PUPILLARY DISTANCE (PD)



STEP 1:

IF YOU ARE WEARING
GLASSES, TAKE THEM OFF



STEP 2:

PLACE A CREDIT CARD
BENEATH YOUR NOSE

For the most accurate calculation, use a card sized 3.370 x 2.125 inches. (85.60 x 53.98 mm) This is the standard size of a credit card.

If you use a credit card for your image, please make sure you use the side with the strip facing the camera and *edit out any sensitive information after you have taken the photo.*



STEP 3:

LOOK STRAIGHT AHEAD
AND TAKE A PHOTO

Take a picture with your cell phone. For optimal results, keep your eyes open and take your photo in a well-lit area.

Prepare your image for emailing. *Edit out the sensitive information.* Name the file with your First and Last Name. Compose an email. In the Subject Line, write your First and Last Name plus the words "PD image." Then add your photo as an attachment and email it to us at the address below.