

XRAI PD ruler

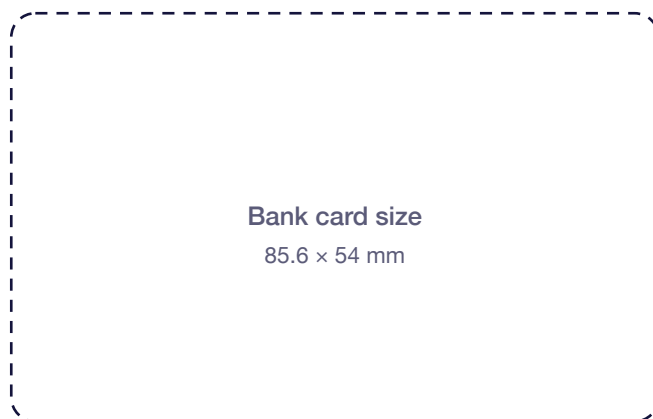
Measure the pupillary distance (PD) of each eye for XRAI AR2 prescription lenses.

1 Check the print size

Print this page at Actual size or 100%, not Fit to page or Shrink to fit.

Then check it: the line below must be exactly 100 mm long, and a bank card must fit the outline on the right.

If either is off, change the print setting and print again.

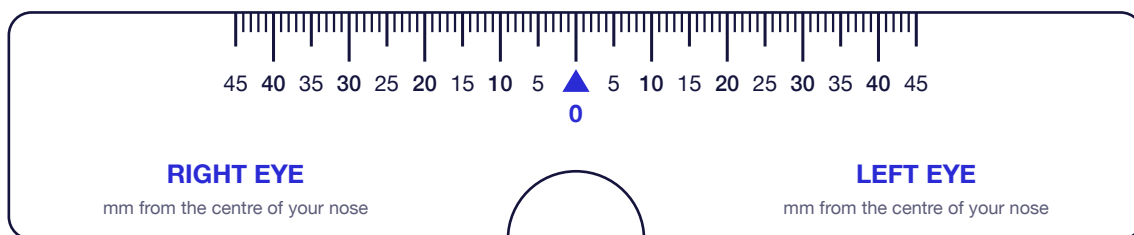


If this line isn't 100 mm, the ruler measures wrongly.

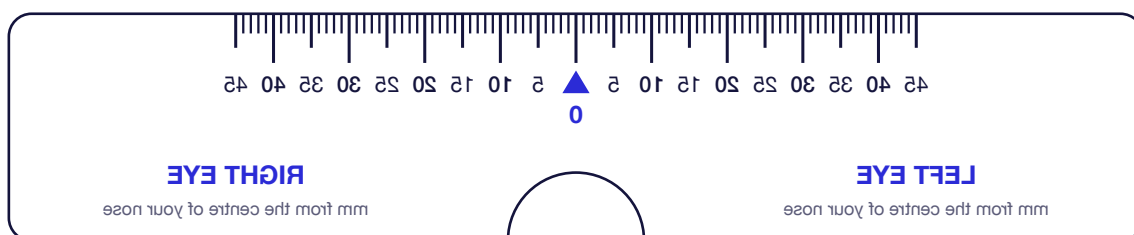
2 Cut out a ruler

Cut along the outer line and the curved notch. Use the first ruler with a helper and the second with a mirror.

With a helper



With a mirror: the labels are reversed so they read correctly in the mirror



3 Measure

With a helper

Sit facing each other at the same height, about 40 cm apart.
Rest the ruler under your eyes, printed side to the helper, with the notch on your nose.
The helper closes their right eye while you look into their open left eye, and reads the mark under the centre of your right pupil.
Then the same with their other eye for your left pupil.

With a mirror

Stand about 20 cm from a mirror.
Hold the mirror ruler under your eyes, printed side to the mirror, with the notch on your nose.
Close your left eye, look straight at your right eye and read the mark under the centre of the pupil. Then close your right eye and read your left eye.

Measure each eye twice and use the average. Each eye is usually between 27 and 37 mm.

Enter them as Right Eye and Left Eye under Prescriptions at account.xrai.glass.