

How to Measure Your Segment Height

YOU'LL NEED:



MILLIMETER
RULER



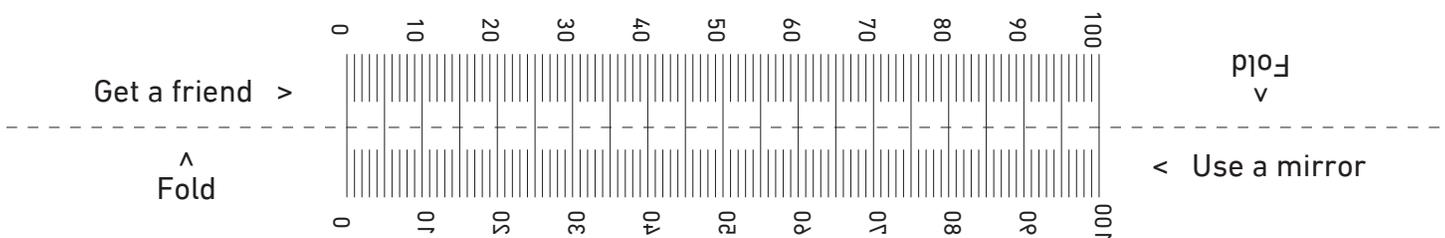
MIRROR



YOUR
GLASSES

You can do this yourself in a mirror, but we recommend having a friend or family member measure your Segment Height for you if possible.

1. Put your glasses on and stand 8 inches (20 cm) away from the mirror or your friend
2. Facing the mirror straight on, hold the ruler vertically between your nose and pupil
3. Align the ruler at the 0 mm mark with the bottom of the lens (IMPORTANT: ensure you measure from the bottom of the lens and not the bottom of the frame).
4. Still looking straight ahead, read the mm mark inline with the center of your pupil — that is your Segment Height.
5. Repeat these steps 3 or 4 times to ensure an accurate measurement.



IMPORTANT

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

